



TURNER ΜΙΚΡΟΚΟΕΜΟΤΡΑΦΑ 1654







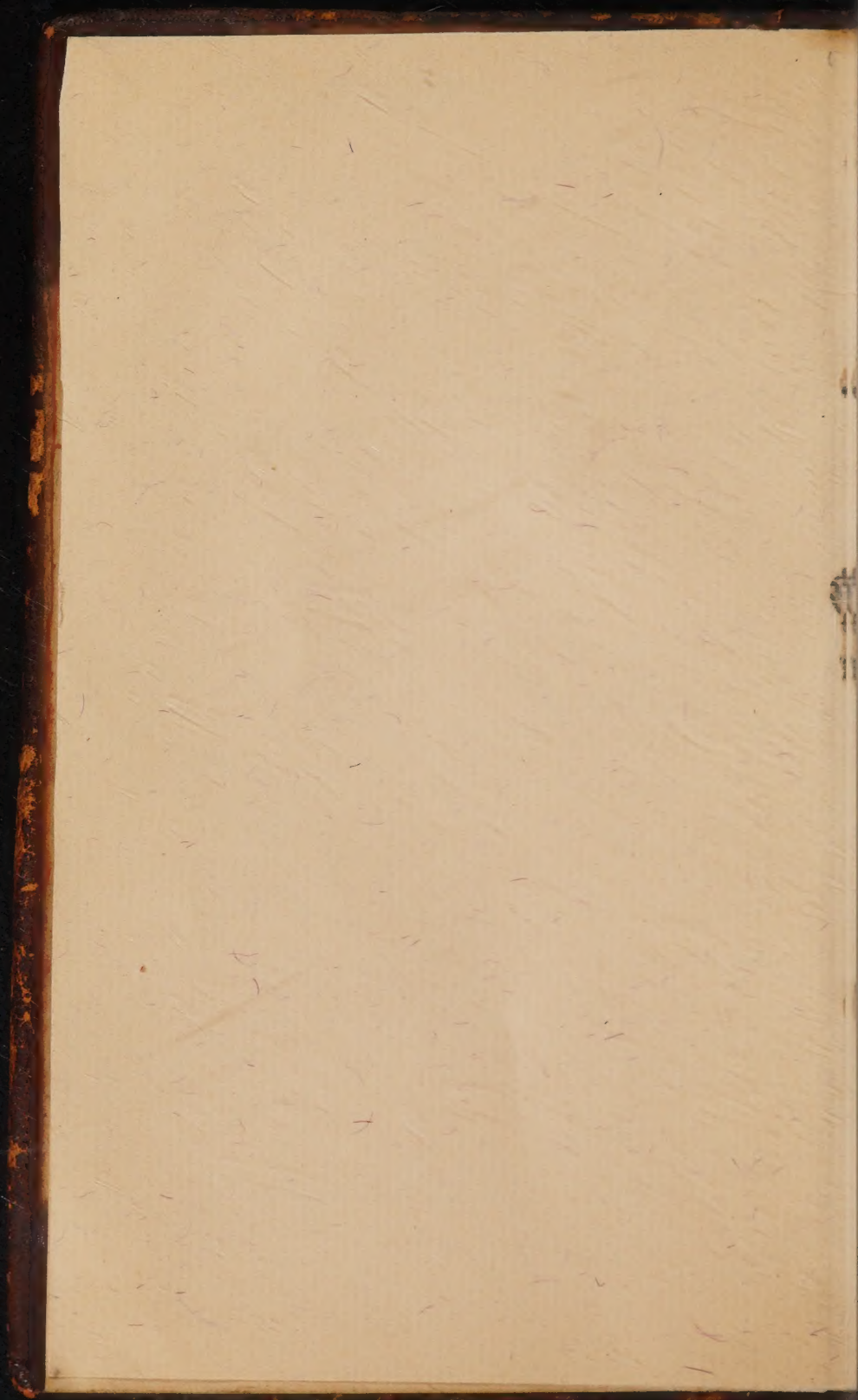


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ΜΙΚΡΟΚΟΣΜΟΓΡΑΦΙΑ

A

Description of the *Little-World*,

O R,

Body of Man,

Exactly delineating all the parts  
according to the best Anatomists.

With the severall diseases thereof.

Also their particular and most ap-  
proved Cures.

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By R. T. Doctor of Physick.

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L O N D O N,

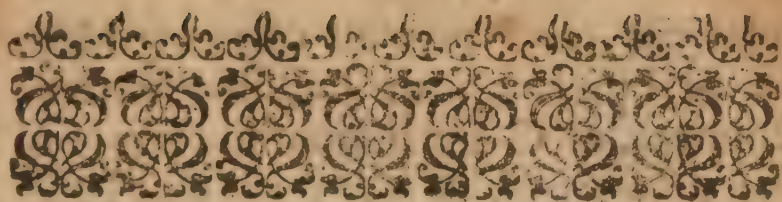
Printed for *Edward Archer*, and are to be  
sold at the sign of the *Adam and Eve*  
in *Little-Brittain*, neer the Church.

1654



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TO THE  
NOBLE, VERTUOUS,  
AND  
RELIGIOUS LADY,  
THE LADY  
THOROWGOOD,  
Wife to the Right VVorshipfull,  
Sir John Thorowgood of Kensington,  
Knight.

*Honoured Madam :*



BE pleased to pardon my  
boldnesse in this, and  
command me in what li-  
beral Service you please :  
After many yeares specu-  
A 3 culation,



*The Epistle Dedicatory.*

culations, and perusall of many Maps  
hereof, I present Your Ladiship with an  
Epitome, or Compendious Discourse of  
the *Little world, M A N*; not that I pre-  
sume to informe you in any thing you  
know not; I am too sensible of  
my owne defects to conceive such  
an impossibility; my owne experi-  
ences of your Ladships Judgement here-  
in, testifies the contrary; but the many  
Ingagements and Obligations, whereby I  
am bound to your Ladship for your ma-  
nifold and extraordinary favours and cur-  
tesies exhibited towards me, both in sick-  
nesse and in health, (having no other  
means to give any recompence for them)  
imboldens me to present this small paper  
to your Ladship, which I earnestly in-  
treat you to accept into your most worthy  
Patronage, that I may thereby be se-  
curely armed against the envious Crit-  
ticks, and encouraged hereafter, if God  
enable me to preferre some more excel-  
lent Worke to your protection; beyond  
which



*The Epistle Dedicatory.*

which I have no ambition, but to express  
my true and sincere service to your Lady-  
ship, and the right Worshiptull, your  
Husband, whom I beseech the Almighty  
to accumulate with all blessings and hap-  
pinesse, present and future, taking the  
boldnesse to subscribe my selfe,

*Your humble Servant,*

London 29 Octob.  
1653.

*London July?*

ROBERT TURNER

A 4

THE END OF THE WORLD


which I have no manner of doubt  
that it will be the last of the  
ship, and the last of the world.  
I have no doubt that it will be  
the last of the world, and the  
last of the world, and the last  
of the world, and the last of  
the world, and the last of the  
world, and the last of the world.

THE END OF THE WORLD

THE END OF THE WORLD  
1000

ROBERT TRENTER

A



## To the Christian Reader.

Courtious Reader :

**I***T being the nature of all men to desire and seeke after knowledge; I have therefore given thee a breife character, or epitome of the body of man, the little world; whereby thou mayst attaine to the most necessary externall knowledge of thyselfe; which being knowne, if any causuallty happen, thou maist the more properly apply a remedy, for which there are many excellent and approved medicines, beere in this ensuing Treatise set downe: and likewise the nature and cure of wounds, made by Gunpowder, and Gunshot; but if any one more curious, in sensuring what is done for a common good, rather then studious to promote it.*



## The Epistle

it, should grumble at me for this my paines;  
I might answer him in his owne kind by way  
of question, as, Menedemus answered Chre-  
mes finding fault with him, *Tantum ne abs-  
re tua est otii tibi, aliena ut cures, eaque  
nihil quæ ad te attinent?* hast thou so much  
leasure as to meddle with that which so little con-  
cerns thee? yet to satisfie thee [gentle Reader]  
who intendest [I know] to gather honey with the  
Bee out of this Garden, and not poyson with the  
Spider; I have implored the aid of Apollo and  
Hypocrates, to compose thee some Hypnoticon  
or Diacodion; not a medicine for one disease  
alone; but fitting some receipt or other for all  
Ages, and all capacities to apply them; and  
for all Complexions and Conditions, parts, and  
places, a medicine Preservative, Curative, and  
Restorative; heere are Antidotes or dictamum  
against the Plague and pestilentiall Ayres;  
many of the receipts I have not Englished, but  
leaving them in their proper names which  
cannot be very well taken from them, neither  
was I willing to deprive them of it, knowing  
that at any Apothecaries you may readily bee  
furnished



to the Reader.

furnished with them; others of more easy composition and most obvious to the vulgar use, I have written in words at large, they being for the most part, compounded of common English beards, wherewith almost every one can speedily furnish themselves; Take therefore in good part [Reader] the fruits of this labour, and as *Robora parentum liberi referant*, as the growth of the child argues the strength of the parent; so when I shall attaine to riper age, this first borne may have a second generation; books have an immortality above their Authors, for when they grow of full age, they can be againe retaken into the wombe that bred them and receive with a new life, a greater portion of youth and glory which is to them another being, and that alwayes may and often doth, bring with them an addition of strength, and loveliness, ushering them to a more vigorous perfection.

Thus have I layd before thee a little map of thy selfe or a description of the microcosmos or little world, *Man*, equally endeavoring thy content and profit, *Quoniam variant animi variabimus*

The Epistle to the Reader.

riabamus artes , mille mali species,  
mille salutis erunt : *A modest censure*  
*hereof I gladly would entertaine ; as I am not*  
*ambitious of applause, so not affraid of censure;*  
*give me leave to flatter my paines in these*  
*words, Hic interim liber, aut laudatus erit,*  
*aut saltem excusatus;*

*All I desire is but encourragment to some o-*  
*ther worke, if any thing herein shall redound*  
*to thy profit ; let me petition thee to give God*  
*the Glory who hath enabled mee to performe it,*  
*which are the hearty wishes of*

*Thy assured freind,*

London, 29.

Octob. 1653.

Ro: Turner.



Authours used in this  
Booke.

*Aristotle.*

*Avicenna.*

*Ipocras.*

*Pliny.*

*Haly.*

*Galen.*

*Guido.*

*Turner.*

*Hypocrates.*

*Dioscorides.*



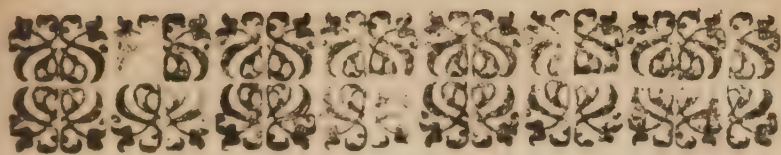


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*Characters for brevity used  
herein.*

℔.	a pound.
℥.	an ounce.
ʒ.	a drachm.
gr.	a graine.
ʒ	a scruple.
Q s.	quantity sufficient.
M.	a handfull.
ss.	haste.
ana.	each.



Table of Contents

Page	Chapter
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
11	11
12	12
13	13
14	14
15	15
16	16
17	17
18	18
19	19
20	20
21	21
22	22
23	23
24	24
25	25
26	26
27	27
28	28
29	29
30	30
31	31
32	32
33	33
34	34
35	35
36	36
37	37
38	38
39	39
40	40
41	41
42	42
43	43
44	44
45	45
46	46
47	47
48	48
49	49
50	50
51	51
52	52
53	53
54	54
55	55
56	56
57	57
58	58
59	59
60	60
61	61
62	62
63	63
64	64
65	65
66	66
67	67
68	68
69	69
70	70
71	71
72	72
73	73
74	74
75	75
76	76
77	77
78	78
79	79
80	80
81	81
82	82
83	83
84	84
85	85
86	86
87	87
88	88
89	89
90	90
91	91
92	92
93	93
94	94
95	95
96	96
97	97
98	98
99	99
100	100

Printed by J. B. Smith, New York, 1850.



# ΜΙΚΡΟΚΟΣΜΟΣ,

*A Description of the little world.*

## CHAP. I.

*Shewing the Definition of Chyrurgery, the qualifications of a Chyrurgion, and Anatomy of the simple Members.*



Chyrurgery is derived, Ἀπὸ τῆς χειρὸς καὶ τῆς ἐργασίας, which is as much as to say a hand working; so that Chyrurgery is a working of the hand in the body of man, in cutting or opening those parts that be whole, in healing those parts that be broken or cut, and in taking away that which is superfluous, as Warts, Wens, Scurfula's, and the like: To the cure of every disease belongeth four things; the first and principall is God, the second the Chyrurgion, the third the Medicine, and fourth the Patient: Therefore the Chyrurgion ought to be Religious, Ingenious,



nious, Learned, and Expert, both in Theorick and in Practick; he must be skilfull in the Anatomy, else he will be like a blind man to carve an Image; he must be secret and private, as a Confessour to his Patient, not discouraging any, nor setting a certain day of his recovery, as Mountebanks doe, for that is not in their power, *oportet seipsum non solum*, neither let them backbite others nor vaunt and praise themselves, that will redound more to their shame then credit, for their own workes will get credit enough.

Of the simple members there be 11. and 2. superfluities, *viz.* Bones, Cartilages, Nerves, Pannicles, Ligaments, Cords, Arteries, Veynes, fatness, flesh, and skin; the superfluities be haire and nailes; the bones be the foundation and hardest member of the body; it is a *consimile* member, simple and spermatick, cold and dry of complexion, insensible and inflexible, and hath divers formes in mans body, for the severall operations thereof, and diversity of helpings; the gristle is a member simple and spermatick, next in hardnesse to the bone, and is of complexion cold and dry, and insensible.

The Ligament is a member consimple, simple, and spermatick, next in hardnesse to the gristle, and of complexion cold and dry, flexible and sensible, and binds the bones together.

The sinew is a *consimile* member, simple and spermatick,

*A Description of the body of man.* 43

spermatick, mean between hard and soft, strong and tough, having his beginning from the braine, or from *minuca*, which is the marrow of the back, and from the braine cometh seven paire of Nerves sentative, and from *minuca* cometh seven pair of Nerves motive, and one that is by himselfe that springeth from the last spondell.

A Cord or Tendon is an officiall member, compounds and spermatick, sinowy, strong, and tough, meanly between hardnesse and softnesse, and sensible and flexible, cold and dry.

An Arterie is a member simple and spermatick, hollow and sinowy, having his beginning from the heart, and bringeth from the heart to every member, spirit, and life, it is of complexion cold and dry; and all these Arteries have two coates, except one that goeth to the lungs, and he hath but one coat, that spreadeth abroad in the lungs, and bringeth to the lungs bloud and spirit of life, and sendeth from thence ayre to temper the famous heat that is in the heart: A veyne is a simple member, in complexion cold and dry, and spermatick like to the Arterie, having his beginning from the liver, nutritive bloud to nourish every member of the body with; and the Arterie is a vessell of bloud spirituall or vitall, and a veyne a vessell of bloud nutrimentall; the flesh is a simple member not spermatick, ingendred of bloud, in complexion hot and moist: There is three kindes



#### 4 *A Description of the body of Man.*

of flesh, the one soft and pure, the second *musculus*, hard or brawny, the third is *grandulus*, knotty or kurnelly: Next is fatnesse, whereof likewise is three kindes, *pinguedo*, which is made of a subtil portion of bloud, congealed by cold; it is cold and moist, insensible and intermedled amongst the parts of the flesh; the second is *adeppes*, of the same kind as the other, but is parted from the flesh besides the skin, and is as an oyle healing the skin, and moistning it; the third is *auxingia*, parted from the flesh about the kidneys and entrails.

The skin is a member official, partly spermatick, strong and tough, flexible and sensible, thin and temperate, one covereth the outward members, and the other the inward, which is called a pannicle.

The haire is a superfluitie made of the grosse fume or smoake passing out of the viscous matter, and thickned to the form of hair.

The nailes likewise are superfluous humours, engendred of earthly fume, waxing through the naturall heat of humours to the extremity of the fingers and toes, in complexion cold and dry, and is softer then the bone and harder then the flesh.  
86

#### CHAP. II.



CHAP. II.

Of the compound members : I. Of the head.

THE head is the habitation or dwelling place of the reasonable soule of man, as, *hominis sublime dedit*; it is raised up by God as a watch tower over all the body; it is composed of hair, skin, flesh, veines, Pannicles, and bones; the hair defendeth the braine from too much heat, and too much cold, it beautifieth and adorneth the head and face, and by it the fumosity of the braine are purged; the skin of the head is more *laxatus* and thicker then any other of the body, defendeth the braine, and keepeth it warme, and bindeth and keepeth the bones of the head fast together; the flesh is *musculus* or *laxatus* lying upon *pericranium* without means.

Next followeth *pericranium*, or the covering of the bones of the head, between the flesh, and which passeth a veine and an arteir, that nourisheth the utter part of the head, passeth through the skul and nourisheth the pannicles of the braine, and hereof is made *dura mater*, which is nearer the braine then *pericranium*, and under the skul.

Next is the bone or pot of the head, whereof there be seven in number in the pan or skul; the first is the Coronall Bone, in which is the holes of

6      *A Description of the body of man.*

the eyes, and reacheth from the browes to the midst of the head, where it meeteth with a second bone of the hinder part of the head called the nod-dell of the head, which two bones be divided by the comisaries in the midst of the head; the third and fourth bones be called *Parietales*, and they be divided by the comisaries from the two former; the fifth and sixth be called *Petrosa* or *mendosa*, on each side of the head one, wherein are the holes of the eares; the seventh and last is called *Paxillary* or *Bazillary*, which bone as a wedge doth fasten the rest together. These are the parts of the head containing, next followeth the parts contained: The first is *dura mater*, then *pia mater*, then the substance of the brain, *vermi formes* & *rete mirabile*; the Pannicle *dura mater* is made of the vein & arterie spoken of before, which passeth through the seames of the head, which *dura mater* is separated from the bone of the skull, the better to defend the *pia mater*; the next is the pannicle called *pia mater*, which is tender and soft over the brain, and in it are contained a great number of veines and arteries, giving unto the brain both spirit and life, from the heart and from the liver nutriment; this pannicle circumvolveth all the substance, and there the spirit is made animall; these pannicles be cold and dry, spermatick; next unto this pannicle is the brain it selfe, which is divided into three ventricles, the formost which is most, the middle-



*A Description of the body of man.* 7

middlemost lesse, and the hindmost which is least, and from each to other be issues and passages conveying spirit of life; and every ventricle is divided into two parts: in the formost ventricle God hath placed the common senses, in the one part thereof is contained the fansie, in the other part the imaginative vertue, which receiveth the forme of sensible things, representing them to the memory: in the middle sell or ventricle there is placed the contemplative or cogitative vertue; and in the third or last the vertue memorative, out of whose lower parts springeth *Mynuca*, or marrow of the Spondels: Further, from the formost ventricle there springs seven paire of sinewes, produced to the eyes, ears, the nose, the tongue, and the stomach, and to divers other parts of the body: About the middle ventricle is the place of *vermi formis*, with curnelly flesh that filleth, and *rete mirabile*, that wonderfull net or caule under the parricles of small arteries only comming from the heart, and there the spirit of feeling hath his first creation, and from thence passeth to other members; the brain is a member cold and moist, thin and meanly viscous and spermatick, continually moving and ruling all other members of the body, giving them feeling and moving: And Aristotle saith, that it followeth the course of the Moon; in the waxing of the Moon it followeth upwards, and in the wane of the Moon it discends down-



8 *A Description of the body of Man.*

wards, and is lesse in substance of virtue, and is not so obedient to the spirit of feeling, as it appears in lunaticks, and such as have the falling sicknesse, who are most grieved in the beginning of the new Moon, and in the wane of the Moon; therefore if the brain be either too dry or too moist, it cannot worke its kind, whereby the spirits of life melt and resolve away, and then followeth sicknesse and feeblenesse of the wits and other members, and in the end death, and thus much of the head.

CHAP. III.

*Of the face.*

**T**He first part of the face is the forehead, which containeth skin and *musculus* flesh, the pannicle under it is of *pericranium*, and the bone Coronall, which passeth from one eare to another with a musckle, which keepeth up the eye-brows, which are called *supercilium*, and under them is the eye-lids called *cilium*, which defend the eyes from annoyances, and are set and adorned with haire; the eares are gristly, the organ or instrument of hearing cold and dry, the sinews whereof spring from the brain, and through them is received the sound, and conveyed to the common wits: The eyes be next of nature unto the soule, wherein is seen the passions of the soule, as joy, gladness, love, wrath, &c. They are the instruments of sight compounded of seven tunicles or

*A Description of the body of Man.* 9

roles, and three humours, and these sinewes be hollow as a reed, that thereby the visible things might passe to the sight; now these sinews go out from the substance of the brain, passing through *pia mater*, where he taketh a pannicle, and these are called *nervi optici*, and are joyned in one before they come into the eye, that if any disease happen in one eye the other should receive the visible spirit, and that one sinew might stay and help the other: Now the three humours are placed in the middle of the eyes, the first is the vitriall humour like glasse, liquid and thin, and is innermost next to the brain, and he compasseth the christalline humour, untill he meeteth the humour *Albuginus*, which is set in the uppermost part of the eye, and in the midst of these humours is placed the christalline humour, in which is the principall sight of the eye; and these humours be involved with the pannicles, between every humour a pannicle, and thus is the eye made; the next unspoken of in order is the nose; from the brain cometh two sinews to the holes of the brain pan, where doth begin the concavity of the nose, and these two be the organs or instruments of smelling, they have heads like teats or paps, and receive the smelling conveying it to the common senses; over these two is *colatorium*, the nostrils between the eyes, and through them passeth the spirit of smelling unto the instrument of smelling, and by them



10 *A Description of the body of man.*

them the superfluities of the brain are cleansed, and from his concavity there passeth two holes down into the mouth, whereby ayre passeth too and fro into the lungs, and when these are stopped then one is sayd to speake in his nose; it is made of skin and *lazartus* flesh, and of two bones standing triangle wise, joyned to the coronall bone, and it hath two gristles that hold up the nose, and two muskles to help the working of his office: The cheekes are the sideling parts of the face, and they containe in them *musculous* flesh with veines and arteries; about these parts be many muskles, *Guido* saith seven about the cheekes and upper lip, and *Haly Abbas*, that there be twelve that move the nether jaw in opening and shutting, that passe under the bones of the temples, they are called temporals, and they be sensitive, and whose hurt is dangerous: Then there be also other muskles for to grinde and to chew, and to all these muskles cometh nerves from the brain, and there cometh unto them many arteries and veins, and chiefly about the temples, the angles or corners of the eyes and the lips; in the checks is the chiefe beauty, thereby the complexion is most known, and (as *Avicen* saith) they shew also the affections and passions of the heart, waxing pale or red at the suddain joy or dread of the heart: of the face be two bones, two of the nose outwardly, two of the upper mandible, one of the nether, three of the  
nose



*A Description of the body of man.* II

nose within, in all ten. The parts of the mouth are five, the lips, the teeth, the tongue, the *uvula*, and pallat of the mouth; and first the lips are members official of *musculous* flesh, serving to the mouth as doores to an house, and helping the pronounciation of the speech; the teeth are likewise officiall, the hardest of all members, and are fastned to the cheek bones, serving to chew the meat and helping the pronounciation of the speech: They that have the whole number have two and thirty; the tongue is a *carnous* member, compound, of many nerves, ligaments, veines and arteries, receiveth the tast, and pronounceth every speech, the flesh of the tongue is white, and hath in him nine muskles, the root of him is *glandulous*, wherein are two wels containing spettle to temper and keep moist the tongue; the *uvula* is of spongeous flesh, hanging down from the end of the pallate over the gutter of the throat, and is cold and dry, and oftentimes when there falleth rawnesse or much moistnesse into it from the head, then it hangeth down into the throat, and letteth a man to swallow; it helpeth the sound of the speech, the prolation of vomits, and tempereth the ayre that passeth to the lungs, and guideth the superfluities of the brain, which come from the colections of the nose.

The pallate of the mouth is a carnous pannicle, and the bones that be underneath it have two divisions,

12 *A Description of the body of Man.*

visions, one along the pallate, from the division of the nose, and from the opening of the other mandible, under the neither end of the pallate, lacking halfe an inch, and there it divideth overthwart and the first division is of the mandible, and the second is of the bone called Paxillary or Bazillary, that sustains and bindeth all the other bones of the head together; the skin of the pallate of the mouth is of the inner part of the stomach, and of *Myre* and *Isofagus*, that is the way of the meat unto the stomach; also in the mouth is ended the uppermost extremity of the Wefand, which is called *Mire* or *Isofagus*, and with him is contained *Trachia Arteria*, viz. the passage of the ayre or breath, whose holes be covered with a lap like unto a tongue, and is gristly, that the meat and drink might slide over him into *Isofagus*, which is reared up when a man speaketh and covereth the way of the meat, and when a man swalloweth, then it covereth the way of the ayre, so that when one is open the other is covered; and thus much shall suffice for the Anatomy of the head and face, which is under the celestially signe *Aries*.

CHAP.



CHAP. IV.

*Of the Neck.*

**T**He neck followeth next to be spoken of , which is contained between the head and the shoulders , and between the chin and the breast ; in the neck be seven spondels, the first joyned unto the lower part of the head, and every spondell in like manner, the last of the seven is joyned unto the ridge of the back, and the ligaments that keep these spondels together are not so hard and tough as the ligaments of the back , but more feeble and subtle , because of the often moving of the neck ; out of these seven spondels there spring seven pair of sinews , which be divided into the head , the shoulders and the armes : The muskles of the neck (as *Gallen* saith) are twenty, moving the head and the neck ; the third part of the neck is called *guttur* , which is the standing out of the throat bell, the fourth part *gula* , and the hinder part *cernix* so called, because of the marrow that commeth to the ridge bones, and it is (as it were) a servant to the brain , and receiveth of the brain the virtue of moving, and sendeth it by sinews to all the members of the body : Here also observe, that the way through which the meat passeth , or *Isofagus* stretcheth from the mouth to the stomach , and is  
fast-



14 *A Description of the body of man.*

fastned to the spondels of the neck untill he come to the first spondell, and extendeth forward to the breast, and endeth at the mouth of the stomach; this vessel is compound, consisting of two tunicles or coats, the inner and the outer; the outer tunicle is simple, the inner is compound of *musculous* longitudinall will, whereby he draweth the meat into the stomach; also it is to be understood that the great veins which passe by the sides of the neck, to the upper part of the head, are called *venae organices*, of which the incision is dangerous thus you see the neck is composed of skinny flesh, ligaments, and bones, and is under the dominion of the sign *Taurus*.

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CHAP. V.

*Of the Armes and Shoulders.*

**I**N the shoulder there be two bones, the shoulder bone and the cannell bone, the first is *os spaula* or blade bone of the shoulder, whose hinder part declineth toward the chin, and in that end it is broad and thin, and in the upper part it is round wherein in a concavity, called the box or coope of the shoulder, and which entereth the adjutor bones of the armes, and they are bound together with strong flexible sinews, and are contained fast

with

with *clavicula*, or the cannell bone, which bone extendeth to both the shoulders, one end to one shoulder, and another to the other, and there they make the composition of the shoulders; the bones of the armes from the shoulder to the fingers ends be thirty; the first is the adjutor bone of the arm, the upper end whereof entereth into the box of the shoulder bone, it is hollow and full of marrow, and extendeth to the elbow, where it hath two knobs in the juncture of the elbow, entering into a concavity proportioned, in the uppermost ends of the two fessel bones, the lesse whereof goeth from the elbow to the thumb, by the upper part of the arme, and the greater neathermost from the elbow to the little finger; and these bones be joyned and bound together with the adjutor bone with strong ligaments, and likewise with the bones of the hand; the bones of the hand are eight, four uppermost and four neathermost, and in the palme of the hand five called *ossa patinis*, unto them are joyned the bones of the fingers and thumbes, in every finger three bones, and in the thumbe two; so that there is in the fingers and thumbe of every hand fourteen bones called *ossa digitorum*, in the palme of the hand five called *patinis*, and between the hand and the wrist eight, and from the wrist to the shoulder three bones, which in the whole numbred together are thirty, in each hand and arme, likewise there cometh from



16 *A Description of the body of Man.*

*Minuca*, and the spondels of the neck four sinews, one cometh along the upper part of the arme, another passeth under the arme, one in the inner side, and another in the outer side of the arme, which bring unto the armes feeling and moving from the brain and *minuca*; now to speak of the veins and arteries of the arme, from *venakelis* springeth two branches, one runneth to one arme pit, the other to another, and there the branch is divided into two parts, or other branches, one goeth along the inner side of the arme, untill it cometh to the bough of the arme, and there it is called *Bazillica* or *Epatica*, and then goeth down the arme, till it come to the wrist, where it turneth to the back of the hand, and goeth between the little finger and the next, and there is called *salvatella*; the other branch in the arme hole spreadeth to the utter side of the shoulder, where he divideth in two, the one goeth up spreading in the carnous part of the head and passeth through the bone into the veine; the other branch runneth along the outward side of the arme, and there is divided into two also, the one part endeth at the hand, the other part foldeth about the arme, and in the bouget of the arme is called *Sephalica*, from thence it goeth to the back of the hand, appeareth between the thumbe and the forefinger, and is there called *Sephalica occularis*; there are in the arme five principall veines from each of the two branches that I speak of, which



which bee divided in the hinder part of the shoulders, springeth one vein, and those two meet together in the bough of the arme, and there is called *Mediana*, or *Cordialis*, or *Commune*, and of *vena Cephalica* springeth *vena oculus*, and of *vena Basilica* ariseth *vena Salvatella*, and of the two veins that meet there springeth *vena mediana*; and from these five principall veins there spring innumerable other small veins, but of them the Chyrurgion hath not so great charge; further you shall understand, that wheresoever there is found a vein, there is an Artery under him, if it be a great vein, there is a great Artery; and contrariwise, a little vein a little Artery, for wheresoever there goeth a vein to carry nutrimentall blood, there also goeth an Artery, conveying the spirit of life. Therefore the Arteries lye deeper in the flesh then the veins do, and carry in them more pure and precious blood, therefore he is further from outward danger then the veine, and is covered with two coats, the vein only with one: and thus much for the arms and shoulders, which are governed by the signe *Gemini*.

## CHAP. VI.

*Of the Breast, Heart, and Back.*

**T**He Breast or *Thorax* is the Ark or Chest of the spirituall members, where there are four parts

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18 *A Description of the body of Man.*

containing, and eight contained; the foure containing are the skin, musculous flesh, the paps, and bones; the parts contained are, the Heart, the Lungs, Panicles, Ligaments, Nerve, Veins, Arteries, Myre, or *Iso-phagus*. Of the skin and the flesh its spoken of before, but you must observe that the flesh of the paps differeth from the other flesh of the body, for it is white, glandulous, and spongy; and there is in them both Nerves, Veins, and Arteries, & by them they have Coligaves with the heart, the liver, and brain, and the generative members. Also there is in the breast 80 or 90 Muskles, some of them common to the neck, some to the shoulders, some to the Midriffe; some to the Ribs, some to the Back, and some to the Breast it selfe; and in man the paps defend the spirituals from outward annoyance; and by their thicknesse they comfort the naturall heat; and in women there is the generation of milk, which commeth from the matrix to their breasts through many veins, that bring into them menstrual blood, which is turned (by the digestive virtue) from red into white, like the colour of the paps, even as the stones turn the blood into sperme of the same nature and colour of themselves so is the chile coming from the Stomack to the Liver turned into the colour of the Liver: Now the bones of the breast are said to be triple or threefold, and they be numbred, seven in the breast before, and their length



*A Description of the body of Man.* 19

length is according to the breadth of the breast, and their ends be gristly, as the ribs be, and at the upper end of *Thorax*, is a hole or Concavity in which is set the foot of the Cannell bone, and at the lower end of *Thorax* against the mouth of the stomach, is a gristle called *Ensi-forme*, which defendeth the stomach from outward hurt; and giveth place to it in time of fulnesse when need requireth. Now to speak of the parts of the back behind, there are twelve spondels, through whom passeth *minu- ca*, of whom springeth 12 paire of Nerves, which bring feeling end moving to the muskles of the breast, and in each side there be twelve Ribs, seven true, and five false, which five are shorter then the other seven; and therefore called false Ribs. Of the parts that be inward, the heart is the principal, first, and beginner of life, he is the *primum vivens*, & *ultimum moriens*, and he is seated severally by himselfe, in the midst of the breast as Lord and King over all the members, and all the members receive their bloud of life from the heart; the substance of the heart is as it were Lazartus flesh, an officiall member spermatick, sending forth to every Member spirit of breath and heat, by his moving and stirring. The heart hath the shape and forme of a Pine-apple, the broad end thereof is upwards, and the sharp end downwards, depending a little towards the left side. Also the heart hath bloud in his substance, wheras all other mēbers have it but



20 *A Description of the body of Man.*

in their veins and Arteries ; and the heart is bound  
with certaine Ligaments to the backe part of the  
breast, but they touch not the substance of the heart ;  
but in the overpart they spring out of him , and is  
fastned as aforesaid ; further the heart hath two  
ventricles , or concavities , and the left is higher  
then the right, and in this hollownesse he keepeth  
the blood for his nourishing, and the ayre to abate  
and temper the great heat he is in ; likewise herce  
observe , that to the right ventricle of the heart  
commeth a vein from *venakelis* that receiveth all  
the substance of blood from the Liver to nourish  
the heart with , and the residue of it is made sub-  
till through the vertue of the heart and then it pas-  
seth through the Concavity of the heart, and there  
is made hot and pure , and then it passeth into the  
left ventricle, and there is ingendred in it a spirit  
that is cleare, bright, and subtile, and a meane be-  
tween the body and the soule ; further it is to be  
noter , that from the left ventricle of the heart  
springeth two Arteries , the one having but one  
Coat, and is called *Arteria venalis*, which Artery  
carrieth blood from the heart to the Lungs to give  
them nutriment, and bringeth ayre from the Lungs  
to the heart to refresh him with. The other Artery  
hath two Coats and is called *vena Arterialis*, and  
of him springeth all other Arteries that spread to  
every member of the body ; and the spirit that is  
retained in them is the Instrument or treasure co-  
th

*A Description of the body of Man.* 21

the soule, and at the braine he receiveth a further digestion, and there is made animall, and at the liver nutrimentall, and at the testicles or stones generative, and this Artery is also called the pulsative vein, or the beating veine. Also there is in the heart three pellicks, opening and closing the going in of the heart, blood, and spirit; the heart hath likewise two little ears through whom passeth the ayre from the Lungs: The heart is also covered with a strong pannicle called *Pericordium*, unto which commeth nerves, as unto the other members, and this pannicle springeth of the upper pannicle of the midriff. And from him springeth another pannicle which parteth the breast in the middle, and is called *Mediastricum*, and keepeth the Lungs that they fall not over the heart; there is also another Pannicle that covereth the Ribs inwardly of whom the midriffe hath his beginning. And thus much of the Breast and Heart, which are under the signes *Cancer* and *Leo*.

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CHAP. VII.

*Of the Lungs, Bowels, and Belly.*

**T**He Lungs is a member Spermatick of his first Creation, in his naturall complexion cold and dry, and accidentally cold and moyst, lapped in a



22 *A Description of the body of Man.*

nervous pannicle, that it might gather together the softer substance of the Lungs; In the Lungs is three kinds of substance, one is a veine comming from the Liver, bringing the crude or raw part of the chile to feed the Lungs; another is *arteria venalis* comming from the heart, bringing with him the spirit of life to nourish him with; the third is, *Trachia arteria*, that bringeth in ayre to the Lungs.

The Lungs is also divided into five Lobs, or Pellicles, viz. three on the right side, and two on the left; so that if there fell any hurt to one, the other might supply his Office; so that the Lunges as a paire of Beilows draw cold winde and refresh the heart, change, alter, and purifie the Ayre, and do receive from the heart the superfluties which he putteth forth by his breathing. Behind the Lungs passeth *Esophagus* of whom its spoken before, and there passeth also veins and Arteries, and all these with *trachia arteria* do make a stoke repleate unto the gullet, with Pannicles, strong Ligaments, and *glandulus* flesh to fulfill the voyd places. And last of all is the Midriffe, which is an official member made of two Pannicles, and Lizardus flesh, and is placed in the midst of the body overthwart under the region of the spirituall members, parting them from the matrix; and it divideth the spirituals from the nutrales, and keepeth the malicious fumes from ascending upwards to annoy the spirituals.

uals or vitall. Next followeth the womb which is the Region of all the intrailes, and reacheth from the midriffe down to the share inwardly, and outwardly from the reines or kidneyes downe to the bone *Pecten*, about the privy parts; and this wound is compound made of two things, viz of *Syfæ* and *Myrac*: *Syfæ* is a member spermatick, officiall, sensible, sinnowy, cold and dry, and hath his beginning at the inner Pannicle of the Midriff, and it containeth and bindeth together all the in-trails, defendeth the musculus, so that he oppress not the naturall members: *Myrac* is compound, and made of foure things, viz of skin outwardly, of fatnesse, of a carnous Pannicle, and of musculus flesh, and all the whole from *Syfæ* outward is called *Myrac*, and in this *Myrac*, or outer part of the womb, there is noted eight Muskles, two longitudinalis, proceeding from the shield of the stomack unto *os pecten*, two Longitudinalls coming from the backwards to the womb, and four transverse, two whereof spring from the ribs on the right side, and go to the left side to the bones of the Haunches, or of *pecten*; and the other two spring from the ribs on the left, and come over the womb to the right parts. Here note, that by the musculus longitudinall, is made perfect the virtue attractive, and by the musculus transverse, the virtue retentive, and by the musculus latitudinall the virtue expulsive, and by the virtue attractive is



#### 24 *A Description of the body of Man.*

drawn downe to the intrails all the superfluities, both water, winde, and dirt; by the vertue retentive all things are holden and kept untill nature hath wrought his kinde; and by the vertue expulsive is put forth all things when nature provoketh any thing to be done. Now to come to the parts contained within: first that which appeareth next under the *Syfac* is *omentum* or *Zirbus*, which is a pannicle covering the stomach and intrails, implanted with many veins and arteries, and fatnesse: to keep moyst the inward parts. This *Zirbus* is an officiall member, and is compound of a veine: and an Artery, which entreth and maketh a line: of the utter tunicle of the stomach, unto which tunicle hangeth the *Zirbus* and covereth all the guts: down to the share; next to *Zirbus* appeareth the intrails or guts, which convey the drosse of the meat and drink, and cleanse the body of their superfluities: There be six portions of one whole gut, which beginneth at the neither mouth of the stomach, and continueth to the end of the fundament: neverthelesse he hath divers shapes and formes, divers operations, and divers names. And as the stomach hath two tunicles, so have all the guts two tunicles; the first portion of the guts is called *Duodenum*, he is twelve inches of length, and covereth the neither part of the stomach, and receiveth all the drosse of the stomach: the second is called *Jejunium*, for he is evermore empty, for

*A Description of the body of Man.* 25

to him lyeth the cheft of the gall, and beateh him fore, and draweth all the droffe out of him, and cleanfeth him: the third is called *Ileon*, or small gut, and is in length fifteen or sixteen Cubits; in this gut oftentimes falleth a difeafe called *Ileaca paffio*: the fourth gut is called *Monoculus*, or blind gut, and feemeth to have but one hole or mouth, one neare unto the other, for by the one all things go in, and by the other they go out again; the fifth is called *Colon*, and receiveth all the droffe comming from all profitablenefle, and there cometh not to him any veins miferables as to the other: the fixth and laft is called *rectum* or *longum*, and endeth in the fundament, and hath in his nether end foure muscles, to hold, to open, to fhut, and to put out, &c. Next to be noted is *Mifenterium*, which is a texture of innumerable veines miferables, ramed of one veine called *Porta Epates*, covered and defended of pannicles and ligaments comming to the intrails, with the backe full of Ligaments, and grandulus flefh.

The ftomack is compound and fpermatick, fi-  
nowy and fenfible, and therein is made the firft di-  
geftion of Chile; for if it faile in his working, all  
the members of the body fhall corrupt; where-  
fore *Gallen* faith, that the ftomack fhould be to all  
the members of the body as the earth is to all that  
are ingendred of the earth, *viz.* that it fhould de-  
fire meat for all the body, and that it fhould be as



<sup>2</sup>6 *A Description of the body of Man.*

a sack or chest to all the body for meat, and as a Cooke to all the members of the body; it is made of two pannicles, the inner is nervous, and the outer carnos; this inner pannicle hath musculi longitudinals that stretcheth along from the stomach to the mouth, whereby he draweth meat and drink to him as it were with hands; and he hath transverse will to with-hold or make retentio; and the outer pannicle hath latitudinall will to expulse and put out, and by his heat helpeth the digestive virtue of the stomach, and by other heats given him of his neighbour, as the Liver on the right side, chaſing, and heating him with his lobes or figures, the spleene on the left side sending to him melancholly to exercise his appetites, and about him is the heart quickening him with his Arteries; also the braine, sending to him a branch of nerves, to give him feeling; and he hath on the hinder part descending of the parts of the back many ligaments, with the which he is bound to the spondels of the back.

The forme of the stomach is in likenesse of a Gourd, crooked; both holes be in the upper part of the body of it, because there should be no going out undvisedly of those things that be received into it. The stomach is subject to many passions, and the nether mouth thereof is narrower then the upper for three causes. 1. Because the upper receiveth meat great in substance, and there being

*A Description of the body of Man.* 27

ing fine and subtile, passeth easier into the nether.  
2. By it passeth all the chilosity of the meat from the stomach to the Liver. And 3 through him passeth all the drosse of the stomach into the guts. And thus much for the stomach which is likewise under the signe *Cancer*, and the Bowels under *Virgo*.

Next followeth the Liver to be spoken of, which is a principall member, official, spermatick, compleat in quantity of blood, of himselfe insensible, but sensible by accidents, and in him is made the second concoction; he is inclosed in a sinnewy pannicle, and cruded, turneth the chile, that runneth from the stomach to the Liver, into the colour of blood. In the Liver is ingendred all nutrimentall: the seat of the Liver is under the false Ribs in the right side; the form thereof is bunchy in the backside, and it is somewhat hollow like the inside of an hand, plyable to the stomach as an hand is to an apple, and doth comfort the digestion thereof, heating the stomach as a fire doth a pot or Chauldron that hangeth over it: likewise the Liver is bound with Pellicles and strong Ligaments to *Diafragma* or the Midriffe; also he hath Colligaves with the stomach, intrails, with the heart, reigns, testicles, and other members; and in him are five pellicles like five fingers: *Gallen* calleth the Liver *Mesasauguinaria*, and here are the places of the foure Humours, viz. Blood, or sanguine in  
the



28 *A Description of the body of Man.*

the Liver, Choller in the Gall, Melancholly in the Spleen, and Flegme in the Lungs; the watry superfluities to the Reins and these four humours are thus distributed, from the spermatick matter of the Liver are ingendred two great veins, the greatest is called *Porta*, of whom springeth the miseraick veins, which are to *vena Porta*, as the branches of a tree are to the tree it selfe, some of them be contained with *Duodenum*, some with *Jejunium*, some with *Ileon*, some with *Monoculus*, or *Saccus*; and from all these guts they bring to *vena porta* the succosity of chile, going to the stomach, distributing it to the substance of the Liver, and in these miseraick veins are begun the second concoction, which is ended in the Liver. So that this *vena porta*, spreading it selfe through the gibbous part of the Liver, meet all in one, and there maketh the second great veine called *Concava*, or *vena Ramosa*, and he with his branches draweth all the bloud ingendred from the Liver, and with his branchess conveys it to all the members of the body, wherein is made perfect the third concoction. Now to speake of the Chest or Gall, it is an officiall member, spermatick and sinowy, as a purse or pannicular vesicke, in the holownesse of the Liver, about the middle pericle or lob, ordained to receive the cholerick superfluities ingendred in the Liver: and in the purse or bag of the Gall are contained three holes, the first receiveth the Cholerick substance

off

*A Description of the body of Man.* 29

of the bloud, that the bloud be not hurt by the choler; the second sendeth Choler to the bottome of the stomach to further the digestion; and by the third neck he sendeth to the guts choler to cleanse them of their superfluities and drosse; next is the Spleen, or the milt, which is spermatick, and is the receptacle of the melancholy superfluities ingendred in the Liver; he is placed on the left side transversely linked to the stomach, he is thin of substance, and purifieth the nutritive bloud from the drosse of melancholy.

And next it is to be observed, that within the Region of the Nutrites, backwards, the kidneys are ordained, to cleanse the bloud from the watry superfluities, they have in each of them two passages, by the one is drawne the water from *Venaculis*, by two veins, called *vena emulgentes*, by the other the same water is conveyed to the bladder, and is called *poros urithides*. The substance of the Kidneys is *Laxitas*, longitudinall, placed behind on each side of the spondels, they are two in number, the right Kidney lying higher then the left, and are bound to the back with Ligaments, they are full of hard concavities, therefore the sores of them are difficult to cure; there commeth also from the Heart to the Kidneys an Artery bringing with him bloud, heat, spirit and life; and a vein from the Liver, bringing bloud nutrimentall to nourish them withall.

The



30 *A Description of the body of Man.*

The fat of the Kidneys is made or congealed of thin bloud of great quantity, serving to temper the heat of the Kidneys, which they have by the sharpnesse of the Urine. And thus much sufficeth to speake of the Reins and Bowels, the one being ruled by the signe *Libra*, the other under the dominion of *Virgo*.

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CHAP. VIII.

*Of the Buttocks, Haunches, and Secret-Members.*

THESE are the lower parts of the Womb or Belly, and are adjoyning to the Thighs and Secret Members. Herein is to be noted the parts containing, the parts contained, and the parts proceeding outwards; the parts containing are *Myrac*, *Sysac*, *Zirbus*, and Bones; the parts contained are the *Vesick* or Bladder, the spermatick vessels, the *Matrix*, and *Vulva* in Women; the *Longoan*, the Yard, Testicles, or Stones and Cods in men, Nerves, Veines, and Arteries, descending downwards, the Buttocks and Muscles descending to the Thighes: of which in order.

First of the parts containing, as *Myrac*, *Sysac*, and *Zirbus*, of which it is spoken already; but as for the bones of the Haunches, there be of the parts  
of

*A Description of the body of Man.* 31

of the back three spondels of *ossa sacri*, or the Haunches; and three *Cartiliginis* spondels of *ossa cande*, or the Tayle bone: Thus there is in every man thirty spondels, *viz.* in the neck seven, in the ridge twelve, in the reins five, in the Haunches six; and every spondell is hollow in the midst, through which spondell passeth *Nuca* from the braine, or the marrow of the back, and each of these spondels are bound fast one with another, so that one of them may not well be named without another: And all these spondels together contained one by another, is called the ridge bone, which is the foundation of the shape of the body. They bee joyned to the bones of the haunches, and be the upholders of all the spondels; and these bones bee small towards the Tayle bone, and broad towards the Haunches, and before they are joyned and make *os pecten*, each of these two bones towards the Liver, hath a great round hole, into which is received the bone called *vertebra*, or the whirle bone: also besides that place, there is a great hole or way, through which passeth from above *musculus vems* and Arteries, and goe into the thighs. And thus of this bone *Pecten*, and of *vertebra*, is formed the Juncture of the thigh.

Now concerning the parts contained, the first is the bladder a member officiall compound of two nervous pannicles, in complexion cold and dry;  
the



*A Description of the body of Man.*

the neck of the bladder is carnos, and hath muscle to with-hold, and to let goe, and in man it is long, contained with the yard, passing through the *peritonium*, but in women it is shorter, and is contained within the *vulva*. It is placed in men between the bone of the share and *longoan*, and in women between the said bone and the matrix; and in it are implanted two long vessels comming from the kidneys, called *porri*, *urickides*, bringing with them the urine or water from the kidneys to the bladder, which privily entreth into the holes of the pannicles of the bladder, by a naturall moving between Tunicle and Tunicle, and there the urine findeth the hole of the nether Tunicle, and there it entreth privily into the holes of the concavity of the bladder, and the more the bladder is filled with the urine, the straighter the holes thereof be comprised together: and the holes of the Tunicles be not one even against another, therefore if the bladder be never so full, there can none goe back againe: The forme of it is round, in some bigger, and in some lesse.

There is also two other vessels called *Vasa semina*, or the spermatick vessels, and they come from *Venakelis*, bringing bloud to the Testicles, as well in man as in women. which by the further digestion of the Stones or Testicles is made Sperm or Nature: In men they be put outward, for their Testicles hang without, and in women they be inward.

*A Description of the body of Man.* 33

ward, for their Testicles stand within. Next followeth the matrix in women, which is an official member, compound and nervous, cold and dry in complexion, it is the field of mans generation, it is an instrument susceptible, that is receiving or taking, for as the Adamant draweth or attracteth the Iron, so the matrix draweth in the seed of man, and *Aristotle* maketh mention of a Maid that standing in a Bath where some seed of man had been spilt, drew it unto her and conceived thereby; her proper place is between the Bladder and *Longoan*, the similitude or likeness of it, as it were a yard reversed or turned inward, having Testicles likewise within as aforesaid, and is outwardly adorned with haire, in them that be of ripe age; it hath two concavities or Cells, it also hath a long neck like a Urinall, and in every neck it hath a mouth, one within, and another without; the inner in the time of conception is shut, and the outer open as was before; it hath in the midst a Lazartus particle called *Tengito*, wherein is two utilities, the first is, by it goeth forth the urine which else would be shed throughout all the *vulva*. 2. By it the ayre that commeth to the matrix is altered and the heat tempered.

Furthermore, in the Concavity of this neck is any involutions and pleats, joyned together in the manner of Rose leaves, before they be fully read or blowne, and they be shut together like a purse



34 *A Description of the body of Man.*

purse mouth, so that nothing may passe forth but urine untill the time of Childing. Also about the middle of this purse be certaine veins in maidens, which in time of deflowring be corrupted and broken, and these are called the Tokens of Virginitie. Furthermore in the sides of the outer mouth, are two Testicles or stones, and two vessels of sperme, shorter then mans vessels, and in time of Coyt or copulation, the womans sperme is shed down into the bottome of the matrix, also from the Liver there commeth to the matrix many veins, bringing nutriment to the child, when a woman is with child, and those veines, when the matrix is voyd, bring thereto superfluities from certaine members of the body, whereof are ingendred womens flowers, &c.

Now in the matrix, which is the field of generation, is sowne by the tillage of man, a convenable matter of kindly heat, which seed of generation commeth from all parts of the body, both of man and woman, with the consent of all the members, and is shed in the place of conceiving, and by the vertue of nature, is gathered together in the Cells of the matrix, in whom by the working of the mans seed, and by the suffering of the womans seed mixt together, is ingendred *Embryon*. And further it is to be noted, that this sperme that commeth both to man and woman, is made of the most pure drops of bloud in all the body, and be-

## **A Description of the body of Man. 35**

the chafing or labour of the stones, this bloud is turned into another kind, and is made sperme, and in man it is hot, white and thick, that it cannot run abroad of it selfe, but taketh temperature of the womans, which is thinner, colder, and feebler; and as Renner of the Cheefe hath by himselfe the vertue of working, and the milk of suffering, so the sperme of man and woman make the generation of *Embri- on*, which is lapped in a Caule and tied to the mothers womb, untill it commeth forth with the birth of the child; so that of this *Embri- on* is ingendred first the principalls, as the heart, the liver, and brain, and of the heart springeth the Arteries of the liver the veines, and of the braine the nerves; and when these are made, nature shapeth bones and gristles to keep and save them, as the bones of the head for the braine, the breast bones and ribs for the heart and liver, and after these springeth all other members one after another.

And thus is the child shaped in the wombe in foure degrees, *viz.* six dayes the seed remaineth as milke, then it is turned into a lump of bloud, and so remaineth nine dayes, and thirdly into a lump of flesh ingendring the principalls the space of nine dayes, and fourthly unto the time of perfection of all the members is eighteen dayes.

Now to speake of the Haunches, we come to *Longoan*, or the tayle gut, which is paniculer, as



### 36 *A Description of the body of Man.*

the other Bowels, the length of it as of a span stretching nigh unto the Raynes, his nether part is called *Anus*, that is the Tewell, and about him is found two muscles, one to open, and the other to shut, also there is in him five veines, or branches of veins, called *vena Emoroidales*, they have *Coligaves* with the bladder, and are partners in their griefs. Now the parts proceeding outwardly, are *Didimus*, *Peritonium*, the Yard, Testicles, or Stones, and Buttocks, : First, of mans generative Members, the yard dureth from *Peritonium*, which place is from the Cods to the fundament, whereupon is a seame parting the Cod in the midst; the yard is an officiall member, the riller of mans generation, compound and made of skin, brawnes, tendons, veins, arteries, sinnews, and great ligaments; and it hath in it two passages, or principal Issues, one for the sperm, another for the urine. The quantity of a common yard is 8 or 9 inches, with bigness proportioned to the quantity of the matrix. Also the skin of the yard about the head is double, and called *Prepuisum*, this skin is moveable, for through his consecration the spermatick matter is made betrer, and sooner cast forth from the Testicles or stones, and by it is had the more delectation in the doing; the foremost part of the head of the yard before is made of Brawny flesh, which if it be once lost, never groweth againe, but it may be well skinned and whole.

The

*A Description of the body of Man.* 37

The Cods is a compound member, and officiall, and as a purse ordained for the custody and comfort of the stones, and other spermatick vessels, it is made of two parts, the inner and the outer, the outer is compound made of skin and Lazartus, longitudinall and transversall, as the Myrach, the inner part of the Cods is of the substance as the *Sysac*, and in similitude as two pockets drawn together, they differ not from the *Sysac*; and there be two, if there fall any hurt to the one, the other should serve; the stones be two, made of glandulus or carnelly flesh, and through the *Didimus* commeth from the braine to the stones sinnewes, and from the heart Arteries, and from the Liver veins, which bringeth unto them both feeling and stirring life and spirit, and nutrimentall bloud, and the purest bloud of all other members of the body, whereof is made the sperme, by the labour of the Testicles or stones *ut supra*.

The groyns be the emy Junctures, or purging places unto the Liver, and they have carnelly flesh in the plying or bowing of the thighs.

The hips have great brawny flesh on them, and from thence descend downwards Brawns, Cords, and Ligaments, moving and binding together the thighes with the Buttocks or hanches themselves.



38 *A Description of the body of Man.*

CHAP. IX.

*Of the Thighes, Legs, and Feet.*

**T**He thigh or *Coxa* is contained from the joynt of the haunch unto the knee; the leg reacheth from the knee to the ankle, and is called *Tibia*; & the foot from the ankle unto the end of the toes; the Thigh, Leg, and Foot are compound, made as the arme and hand, with skin, flesh, veines, arteries, sinnewes, brawns, tendons, and cords, whereof in order.

Of the skin and flesh it's spoken of before; and as of veins and arteries, in their descending downwards, at the last spondels they be divided into parts, whereof the one part goeth into the right thigh, and the other into the left, and where they come to the thigh, they be divided into two parts, or branches; one of them spreadeth into the inner side of the leg, and the other into the outer side, and so branching descend down to the Leg, Ankles, and Feet, and be brought into four veines, which be commonly used in blood letting, as hereafter followeth; one of them is under the under Ankle towards the heele, called *Soffenatica*, another under the under Ankle, and is called *Sinatica*, and another under the ham, called *Poplitica*, the fourth betweene the little Toe and the next called *Renalis*. The sinnewes spring of the last spondel, and of *Os sacrum*, and passeth throug,

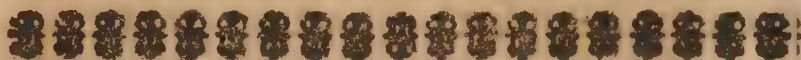
the hole of the bone of the hip, and descendeth to the brawnes, and moveth the knee and the ham, and these descend downe to the Ankle, and move the foote, and the brawnes of the foote moove the toes, as is declared in the bones of the hand; the thigh bone, or *Coxa*, is without a fellow, and full of marrow, and round at either end; the roundnesse at upper end is called *Vertebrum*, or whirlbone, and boweth inwards, and is received into the box or hole of the haunch bone, and at the knee he hath two rounds, which he receiveth into the Concavities of the bones of the leg, at the knee, called the great fossils.

There is also at the knee a round bone, called the knee-pan; then followeth the leg, wherein is two bones called *focile major* and *focile minor*, the bigger of them passeth before, and is called the Shin bone, and passeth downe making the inward ankle; the lesse passeth from the knee backwards, and descendeth downe to the outer ank'le, and there formeth that ankle.

The bones of the foot are six and twenty; first next the ankle bone is one called *Orabalistus*; next under that towards the heele, is one called *Calcany*: and betweene them is another bone, called *Osnaculare*; in the second ward there bee foure bones called *Raceti*, as bee in the hands: In the third and fourth wards be fourteene, called *Digitori*, and five called *Pedens*, at the extremity of the



Toes, next to the nailes : And thus be there in the foot 26 bones , with the leg from the ankle to the knee ; 2 in the knee , and one round and flat bone , and in the thigh one ; in the whole, thigh, leg, and foot, thirty bones : Thus are we marvelously and curiously wrought in the nethermost parts of the earth.



*Choyce and sele& Receipts and Secrets for all manner of Diseases, Gun-shot, and preservatives against the Plague.*

*What Wounds are.*

**W**Ounds are in Latine called *Vulnera*, and of the Vulgar, *Vulner* : They are simple and compound ; the simple are those that are onely in the flesh ; the compound are those where are cut sinnews, veins, muscles, and bones ; and these are of divers and sundry kindes , and the difference among them is by the variety of the place where they are, and the difference of the weapon where-with they are hurt ; for some go right, some overthwart that offend divers places of the body : the simple are of small importance, if they keep them cleane and close shut, nature will heale them without

### *Of fractured bones.*

41

out any kind of medicine ; but those where veins are cut require Art, wherewith they must stop the bloud, and not suffer the wound to remain open, but sow it up very close, so that the vein may heale ; and those where sinnews are cut or hurt are of great importance, and should be healed with great speed, so the sinnews may joyne with more ease : but those where bones be hurt are of greatest importance ; for if the bone be separated from the other, it must be taken away before the wound can be healed. And thus much for what wounds are, and their kindes.

### *Of the Syncope passion, or swoounding through the cause of wounds.*

**G**ALEN saith, that Syncope is a sudden decay of strength, through immoderate evacuation, and vehement dolour, continuall watching and paine, intemperatenesse of the principall parts, or vehement perturbations of the minde ; but Syncope which followeth in wounds springeth of great effusion of bloud, or else of vehement dolour, and paine ; the comming of it is perceived by the weaknesse, pulse, palenesse of face, cold sweats about the neck and temples ; it is not lightly to be regarded because it commeth suddenly, and as the image of death, therefore the wounded man is to be comforted by all means possible ; if you perceive



ccive this accident come, give the Patient a piece of fine white bread, dipped in the best Wine you can get, into which Wine put Rose-water & *Manna Christi*, and Burrage water, and give him of the Wine to drink, and comfort him with sweet smells, and chafe his temples with Rose-water, and if he begin to swoond, cast cold water on his face, chafe and rub his temples with your hands, and pull him by the nose, thereby to revive and quicken his spirits.

*Of Luxation, or Dislocation, and their differences.*

**L**uxation is a going out of a joynt from a naturall or proper place, whereby the voluntary motion thereof is hindred; there be two differences of luxations, according to the bigness thereof; for if the bone be quite out of his socket or place, then it is properly called a Luxation: but if it be onely a little removed, then it is named a wrench. A joynt may be foure manner of wayes dislocated or wrenched, *viz.* forwards, backwards, higher, and lower: now to reduce them to their proper places, there are foure intentions to be observed, the first to bring the joynt to his naturall pristine place: the second is the conservation and keeping the joynt so put in, that it slip not out againe: the third to defend the member from

from accidents, as dolour, inflammations, flux of humours, and the like: the fourth to put away those accidents if any do follow.

*How the luxated joynt is to be reduced to his naturall and proper place.*

**F**irst extend the member decently, untill such time as the place betwixt both bones is empty and void, then the bone which is out of his place is to be put and placed in his native seat, that the emptines of the socket may be filled againe with the bone; this extension must be done tenderly, with as little paine as possible; neither is there one way onely of extending and stretching out the luxated member, for sometime it may be done with the hands onely, sometime with bands, and sometime with Instruments apt and fit for that purpose, as appeareth in *Hypocrates lib. de luxatis & fractis.*

*How the member brought to his naturall place, may be conserved in the same.*

**V**Vhen the member is brought to his naturall place, you must with all diligence labour to confirme the part, and keep the member from slipping out againe; therefore annoynt the place with oyle of Roses, and apply unto it a  
fine



fine old linnen cloath wet in oyle of Roses, altho  
 use cloaths wet in the whites of Egges, and apply  
 them to the joynt; wet your rollers in water and  
 vinegar mixed together, and roll the member  
 therewith, and if necessity require, use splints  
 Leather, or pasted paper, and apply them about the  
 joynt; but be carefull the part be not too hard  
 rolled, for feare of inflammation; lay the member  
 in his naturall figure, and unlesse some great am  
 ill accident happen, open not the member before  
 the tenth day at the least; use not hot cloathes  
 or medicines for feare of inflammation, but  
 rather some refrigerative cerate: and labour  
 to defend the member from a flux of humours, by  
 strengthening it with apt and convenient med  
 cines hereafter mentioned, keeping the Patient to  
 thin and small diet purging and letting blood  
 need require.

*Of the Cure of broken and fractured  
 bones.*

**T**O the uniting of every fracture is require  
 foure things, first the joyning or putting to  
 gether of the broken bones into their proper place  
 Secondly, to keep and conserve them so place  
 without motion: The third is to conglutinate and  
 joyne together the parts of the broken bone by  
 ingendring of *Callus*: Fourthly to correct thos  
 acci

accidents which follow the fractures of bones: first  
to unite the fractured bones, if the member where  
the bone is fractured doth extend it selfe and stand  
upwards, & pricketh, shewing an inequality when  
it is touched: these be sure signs that the bone bro-  
ken is out of his naturall place; wherefore the mēber  
is decently to be extended, & that part of the bone  
that is depressed to be gently lifted up, and that  
which standeth upward to be put downe, untill  
the ends of the fractured bones do meet, and bee  
united, and brought to their naturall proper place;  
but it is not possible this can be done without  
some force and strength; so that if the member  
be small, and of no great strength, as the finger or  
other like member, one man may well ex-  
tend it, and stretch it out, by applying one  
hand on the one part, and the other hand on the o-  
ther, untill both ends of the bone fractured doe  
meet and joyne together: but if the member be  
great, having strong nerves, and tendons, then one  
man is not sufficient, and you must diligently take  
heed, that the member be not too immoderately  
extended or drawne out, for that doth bring vhe-  
ment paine, and consequently Feavers, Convul-  
sions, Palsey, and such diseases, and oftentimes  
by this means the Fiberes and threads in the heads  
of the muscles be broken; therefore let one man  
by his hands on the member above the fracture,  
and the other on the nether part of the member  
under



under the fractured bone, so stretch and extend the member, till both parts of the bone do meet, then forme it together, till you bring it to its naturall forme and figure, and when the bone is reposed in his place, then shall the Patient feel ease of his paine.

*To keep the bones that they fall not out againe.*

**T**He broken bone being thus reduced, and brought to his proper figure, the next thing to be observed is to keep in the same that it stands not out againe; therefore all means possible are to be used to keep the members without motion, and to use apt and convenient ligature and rolling. But before you roll the member, first mix the white of an Egge and oyle of Roses together, and wet therein a soft linnen cloath of such bignesse as may compasse not only the place where the bone is fractured, but also somewhat of the sound parts above and below. Then this being applied to the affected part, you shall binde and roll the member, diligently regarding that you compress not the member, by too hard rolling, so that nourishment cannot come to it, and also paine thereby may cause flux of humours and inflammation; neither must you binde it to slack and loose, for then the broken bones will separate againe, and goe

go asunder; but observe a meane herein, that you binde not the member too streight, nor too loose, but follow discretion between both, and the feeling of the patient; and as touching your rollers, you must have 2 made of soft cloth, whose breadth and latitude must be such, as in rolling there be no loosenesse, wideness and plaits. The beginning of the rolling must be upon the Fracturē, and so rolled about three or foure times, and then rolling upward untill you come to the sound parts, which must also be somewhat rolled; by this means the bones united shall more firmly remaine together, and the flux of humours be stayed, that they cannot come to the affected part.

The beginning of the second roll must also bee upon the fractured place, going also three or four times about it, and so continuing downwards, untill you have compassed the sound parts: which done, you must with the same roller ascend upwards againe, untill you come somewhat above the first roller, therefore the second roller must be halfe as long againe as the first, which suffereth not any flux of humours to infest, or annoy the part affected.

These rollers should be wet in water and Wine mixed together before you use them, and if there be any vehement paine or inflammation, then the member should be wrapped about with fine wool well carded, or else with stufes well in *oxieratum*; and



And the ligature or binding must not be hard, but such as may keep the united bones together; furthermore there must bee used both to defend the member from accidents, to keep it together, and to confirm and consolidate the same certaine plaisters or cerats, which must be put upon the two rollers, and as it were the third ligature or roll, amongst which is used *Ceratum Humianum*, made of Wax melted in oyle of Roses, but if there be besides the fractured bone any solution or hurt in the flesh, then use not either Cerote or oyle, for that will make the ulcer filthy and stinking, but instead thereof use Plumaciols that be long, dipt in red and stiprick wine.

Now the better to keep the member, placed in his naturall place from dolour and paine, there must be used certaine splints, to be put about the ligature at the first dressing: these splints must be equall, smooth, even; not crooked, or rugged, and in the midst thicker then in the other parts, the better to strengthen the member where the bone is fractured: the way of applying these splints is thus, there must be cloathes three or four fold dipt in Rose-water, and layd upon the roller according as the member requireth, then the splint involved and wound about with wooll, cotten must be placed round about the member, a fingers breadth asunder, and binde them moderately and gently, that you comresse not the member

member, and take heed that none of the splints touch any Joynt, if any be neare the fractured bone, for that will make ulceration, and inflammation in the the same joynt. Therefore if the fracture be neare to any joynt, you must in that place make your splints shorter, smaller, and lighter, and if no dolour, inflammation, itching, nor ulceration commeth to the fractured part, then you may let the splints remaine on till the 12 or 15 day or untill the 20 day, but if any of these happen, then you must unrole the member the third day, and foment it with luke warme water, whereby the paine is ceased and the itching put away.

*To Conglutarinate and Joyne together  
the fractured bones.*

**T**He fractured bones being thus put in their naturall places, out of the bone must grow the nourishment to Conglutarinate and cause them to grow together; and this is called *Callus* which like glew doth Cement them together: wherefore ought to be made grow, by all meanes possible. This *Callus* is ingendred of Grosse and Earthly parts, for such is the nourishment of the bones. After the minde of divers it beginneth to grow about the tenth or fourteenth day, when it beginneth to grow you shall perceive by these signes. The dolour and paine is allwaged; the inflammati-



ceaseth: and the tumor vanissheth, and the member cometh againe to it's naturall colour. Now the principall way to ingender *Callus* is apt and convenient diet, at the beginning of the Fracture *Hippocrates* counselleth to use thinne and slender diet, to abstaine from flesh and Wine the space of ten dayes. But when ye come to ingender *Callus*, you must licence the patient to use a more large diet, and meates that make good juice, and that gross and somewhat viscous. Therefore Frumenty is much commended; also the heads & feet of beasts, which nourish and bee of viscous Iuice. Also give him to drinke good red wine when he goeth to meate, but that must be taken moderately: the bignesse of *Callus* must not be either bigger or lesser then is requisite, for being bigger it bringeth paine to the muskels, and if it be lesser it is unable to defend the fractured bones. How to keep it that it be not too bigge nor too little, followeth.

To remove the accidents which may happen to fractured bones.

**T**He accidents hindring the cure of the Fractured member, for the most part are extreame paine, inflammation, itching in a wound, immoderate drynes or moysture, *Gangrena*, hardnesse, and the quantity of *Callus* too much, or little. These bee the cheife enemies that hinder natures worke

Therefore

Therefore if these accidents doe infect and besiege the Fractured member, after it be bound, rolled and drest, you must with speed loose the Ligature and take away the roller, and then the member being bare and naked, foment it with the Oyle of Roses, vinegar, and other medicines mentioned before, and doe not use againe either ligature or splints before the paine bee asswaged and the inflammation ceased, but onely to strengthen and keepe the member together; but these accidents being expelled, then use splints and roling, as before, and if this itching happeneth, then foment the place with water temperately hot, and apply to it *Unguentum Album* or *Unguentum Populeon*, and binde the member as aforesaid. Further if there happen to the member any wound either at the breaking of the bone; or else made by the *Chyrurgeon* to take out the shivers of the bone molesting the muskels: or if there be any flux of bloud you must labour to staunch it with convenient remedies, as are herein set forth, if any inflammation follow, it must be repelled if the flesh be broken and contused, then sacrifice the parts for feare least *Gangrena* should follow, which if it should or any putrefaction, you must endeavor to cure it as is set out in the ensuing medicines; and if none of these happen, then use the like medicine to the cure of the wound as you do to fresh and greene wounds. Further if the wound bee immoderately dry whereby the growing of *Callos* is hindred,



shall be convenient the third or fourth day to foment the place with water : and when as the flesh doth rise in a tumour, then cease the fomentation unless it be to evaporate and digest the multitude of matter, then cease not till the tumor goeth away; and if moistnesse follow in the fractured member and hinder the ingendring of *Callus* you shall put it away by convenient ligature and rolling and moderate exsiccation, now that the *Callus* may be ingendred of convenient substance, neither too big nor too small; you must take heed to the diet, fomentation, and plaisters; if you would increase it, use plaisters which doe moderately heale, but if it be too big then use medicines astringent, and a compressing ligature and plate of leade also fomentations made with oyle, salt-peter, and salt water made hot. But if the *Callus* be not growne at the accustomed time which appeareth if the member affected be leaner, smaller and slenderer then it was naturally; then you must apply unto the member hott attractive medicines let the Patients diet be more large, and cause him to embrace mirth, and banish heavynesse, and such passions of the minde as may bring the body into a melar cholick disposition. And thus much touching broken or fractured bones, luxations and dislocated joynts.

*A secret powder to stay the flux of blood  
in a wound.*

Rx. *Aluminis Saccarini*, *Thuris*, *Arsenici*,  
ana ℥ ij. *Calcis vini* ℥ vj.

Make them all in fine powder, and put unto them  
one pinte of strong vinegar, and boyle them on  
the fire, stirring it, till the vinegar be consumed,  
then set it in an oven, or in the Sun, till it be per-  
fectly dry, then make it in powder, and when  
you will use it, take of this powder three ounces,  
*Bolearmoniac* halfe an ounce, *Pulvis Alcam-*  
*sicus* one ounce; mix all these together, and  
make them into very fine powder: and thus you  
have the powder prepared and sublimed to restrain  
any flux of blood, when you use it, take 4 ounces  
of this powder, and incorporate it with whites of  
Egs; then make a bouldter or stuffe of Tow as  
large as the end of the member you take off, or  
place where the wound is; dip the Tow first in  
vinegar, and presse it out againe, then spread your  
medicine on the Tow, and after strow a little of  
this dry powder upon it, and so make many little  
bouldters of Tow, to lay upon this, as need doth re-  
quire for to restrain blood.



§4 *A Description of the body of Man.*

Of Wounds made with Gunshot.

I. *That the usuall Gunpowder is not Venemous.*

**C**Oncerning the nature of Gunpowder, many have affirmed it to be venemous, and so consequently the wounds made with powder must have the cure of venemous wounds ; I doe not deny but there may be Gunpowder venemous, but the usuall powder is not, and that I shall shew , for it is made of Zulphur, Saltpeter, and Coale, neither of which are venemous ; so that if the simples be not venemous in themselves , neither can the compound be so : *Dioscorides* writing of Zulphur, saith that Zulphur doth heat , dissolve, and concoct speedily ; it is good against the cough and short breath , taken in an Egge , or using the fume of it ; it taketh away leprosie and scabs, being tempered with vinegar , and healeth the itching of the body ; these be the words of *Dioscorides* touching Zulphur : Of Nitre he saith ( which is Saltpeter ) it hath the strength and ustion of Salt ; it helpeth the Collick , if it be taken with Commine in hydromell, or new wine boyled , or any thing that doth breake winde, as Rue or Dill ; it is mixed with Emplaisters , which do extract & dissolve ; it doth extenuate and put away the Leprosie,

profie, used with warm water or Wine, it opens fellons mixed with Rozen, or Turpentine. *Galen* saith, all kindes of Sulphur are hot, and do resist the venome of poysonous Beasts, being used with old Oyle, Honey, and Turpentine. Of Nitre, or Saltpeter he saith, it is a meane between Aphronitum and Salt, it doth dry and digest, and being taken inwardly, it doth cut and extenuate grosse and slimy humours more then Salt: Aphronitum (unless great necessity doth enforce it) is not to be taken inwardly, because it hurteth the stomach, and doth extenuate more then Nitrum, therefore both *Dioscorides* and *Galen* found Sulphure and Nitre so far from any venemous quality, as they used them as approved and excellent medicines against venome. So that unlesse any will be so ridiculous as to affirme the Cole to be venemous, the simples entring into the composition cannot make the powder venemous.

And many times, Gunpowder instead of other medicines hath been used in wounds to dry and exsiccate, to the great comfort of the Patient; and therefore it is not in mixture or composition venemous but medicinable, and hath in him the vertues obsterfive and desiccative, neither in those that are shot with this powder doe there follow any of those Accidents which are inseperable in venemous shot; and the cure of these wounds agreeth with those that be contused or broken.



56 *A description of the body of Man.*

without the Addition of any medecine or *Alexipharmacum* against venom, and are to be numbered amongst greene wounds, such as are called bruised, Contused, or Crushed wounds. And now to the Generall cure of wounds made with Gunshot.

*Of healing wounds made with Gunshot.*

**T**O the cure of such wounds properly belong two things; the one is to deliver and cleanse the wound of all such things as are not agreeable to nature, which are not onely shot, iron splints or shivers of wood, cloth, dust, oyle, or such like, but also the clods of bloud, matter, bruised flesh, and such like, which you shall endeavour to take out with instruments for that purpose, or if the wound be so narrow that it cannot be taken out with an instrument, then you must labour to enlarge the wound either with tents, as the roote of *Gentian*, pith of elder, or a peece of sponge, or if otherwise then to make incision with a paire of Cissors or sheeres made for that purpose; there are also divers instruments when the wound is enlarged to take out such things, as Tongs, Nippers, Terreblis, Crowbills, which a Chyrurgeon must alwayes be furnished with. Then to endeavour to cure the wound as you would a bruised, crushed or contused wound, and to take away the bruised flesh with

*A description of the body of Man.* 57

as much expedition as possible with conveniency, without sharpe and biting medecines, therefore you shall lay to the corrupted place, or wound of *Mercury precipitate drachme 1.* or as much as you shall see cause, and mixe it with simple oyle, oyl of Roses, butter, or fresh Barrowes grease, and droppe into the wound one droppe of this oyle following.

Rx. *Resina abjeſſina* ℥ v. *Olei rosarei* ℥ ij. *sem.*  
*Hypericoris* v. drachms, *sem.* *Momordica*,  
iii. drachms.

The seeds must be bruised and put in a double vessel with the oyles, and let them boyle halfe an houre, then straine them and keepe them to thy use. This oyle doth concoct and digest and preserveth the sound flesh from corruption and putrefaction.

*A plaister good to extract such things as are fixed in wounds.*

Rx. *Apostolicon descript.* *Nicholai* 4 ounces,  
*Magnetis orientalis* 2 ounces.

*Polipodij.* }  
*Distami albi* } ana halfe an ounce.

*Pinguetinis leporina* 2 ounces.

*Olei canabis* 1 ounce.

*Terebinthina* halfe an ounce.

Of these make an Emplaister which is marvelous  
in



58 *A description of the body of Man.*

drawing out rotten bones, thornes, or the like.

But in poysoned shots, the medicines before rehearsed, are not sufficient, but you must give the Patient some Antidote or *Alexipharmacum* against venom or poyson both inwardly and outwardly: inwardly you shall give him every day this potion.

Rx. *Vini cretici, Sublimata ruta ana* 3 4  
*Tormentilla i* } *ana 2. drachms.*  
*Distami* }

*Theriaca opt.* 1. drachme, let them be boyled till a 3. part be consumed, so reserve them for vse. Outwardly, into the wound you shall put oyle of violets warme, which oyle must be made of Linseed oyle; you may also wet your tent in that oyle, and mixe it with your other medecines that you apply to the wound.

*To cure a simple wound in the head  
made with gunshot.*

First consider whether the wound be simple or compound, if the wound be simple, the cure is easier and without danger if the patient have not his body repleat with evill juice or have tasted of that contagion called *morbis gallicus*, if the wounded patient be so affected, though the wound be small & simple, yet trifling wounds in such bodies are not cured

*A Description of the body of Man.* 39

and without much diligence; wherefore in such bo-  
nes you must labour to cleanse the body thereof  
by blood letting, purging, by sweating, and good  
diet, so that the body being rectified, the cure of  
the wounds shall be the more speedy and easie.  
Now to the cure of simple wounds in the head.

First let the haire be shaven round about, and  
apply this unguent following.

Rx. *Precipitati optimi* 2. drachms  
*Butiri salis experti,* }  
*Olei rosarum* } ana drach. 1. ss.  
*Croci* 2. graines.

Mixe these and make an unguent, which you  
shall lay on soft linnen cloth and apply to the  
wound, lay on the wound also *Bolus armenius*,  
tempered with oyle of Roses and the white of an  
Egg like an unguent to defend the parts from ac-  
cidents.

And this shall suffice for the first day: you may  
also at the beginning use in stead of the second un-  
guent this comfortable cataplasme following;

Rx. *Olei myrtillorum* }  
*Rosarum ana.* }  $\text{ssij}$   
*Banlastiaum* }  
*Rosarum rub:* } ana  $\text{ss i}$   
*Boli armeni.* }  
*Sanguis draconis* 1. drachm.  
*Mirre* halfe a drachme.

Make



60 *A description of the body of Man.*

Make of all this a Cataplasme according to Art  
and apply it, the second day you shall use such me-  
dicines that doth digest and moderately dry the  
wound, of which sort this is one.

*Rx. Terebintina lota* 1. ounce,

*Mellis rosarum* 2. ounces.

*Butiri salis experti* 3 drachms.

*Farina bordei,*

*Aristolochia rotunda* } ana 1. drachme.

*Radiciis ireos.*

*Aloes* halfe a drachme

Mixe these and make them in an unguent and use  
it untill such time as there appeare signes of eccor-  
roction in the wound; then use no more butter  
the wound but this powder following.

*Rx. Sarcocolla* 1. drachme

*Costicium radiciis papaveris* halfe a drachme

*Farina orobi* } ana drachme 1. &

*Mirrhe*

Make this in powder and temper it with the other  
unguent, and use this untill the wound be perfect-  
ly cured; and this is the cure of a simple wound  
the head.

*Of wounds compound in the head thro  
shot.*

*A description of the body of Man.* 61

**I**N the cure of compound wounds of the head you must first use incision; with some instrument sharpe and flat raise the skinne and flesh from cranium, and if you see any shott or peece of bone, which may easily be taken out, you may do it with some convenient instrument; but if it will not bee without difficulty, then wet your stuffs in astringent wine, and vinegar mixt with *Boli armenike* and *Sanguis draconis*, and lay it to the wound; then the next day following use this receipt for 3. or foure dayes, for feare of inflammation to follow.

*Rx. Boli armeni 2. ounces.*

*Albumen ovorum 2. ounces*

*Olei Rosae omphacitis 3 ounces*

*Croci 3 graines misce.*

Then you may use this digestive following, untill the thing fixed will easily be taken out.

*Rx. Terebinthina lora in vino 3. ounces,*

*Ovorum vitella 2.*

*Olei rosati ℥ ij*

*Alloes 2 scruples ij*

*Croci 4 graines misce s: A.*

**I**N other things it differeth not from the cure of simple wounds, But if any veine under *Cranium* bee broken, and maketh effusion of blond, or if *dura mater*, or *Pia mater* be rent or torne, if *Cra-*



62 *A description of the body of Man.*

*anium* be bruised, and thereby the braine suffer, you must with all expedition set a trapan on *Cranium* and give the wound vent, and take out the blood and matter or what else doth depresse the braine and when you are constrained herunto, make tents of cotten or lint, and put into the Patients eares, and command a man to compress with his hands the patients eares, least the noise make him too much affraid and faine harted and dippe your tents in stipticke wine or oyle of Roses. And wash the stumps in oyle of Roses and lay them on the place and lay upon the same cloth bole *Armonick* mixed with the white of an egge and apply it to the wound to prevent inflammation; and if there followeth any corruption to any part of the braine then use *Unguentum Egiptiacum* which is most excellent in this case.

*Of wounds in the breast with  
gunshot.*

**A**Lthough the wounds in all parts of the body are all one in effect yet they differ in the cure according to the place wounded. Therefore if the wound be in the breast and pearse not through, you may cure it like other wounds and the first three dayes *Unguentum ex precipato*, or some other of the like effect, also use some medicines which gently exicate and mundifie as *mell rosarum*

*A description of the body of Man.* 53

And after the fourth or fift day use *absterfive* medicines make after this manner.

R. *Mellis rosarum* 1. ounce

*Terebinthina* }  
*Buriri recens* } ana 2 drachmes.

*Farine bardai* }  
*Aristolechia rotunda* } ana 1 drachme

Mix these together and dip your tents in them, but on the wound lay this medicine following.

R. *Album unius ovi*

*Olei rosati* 1 Ounce.

*Boli Armeni* 1 ounce. and halfe misce.

The rest of the cure of these wounds doe not differ from other wounds.

*Of wounds with gunshot in the belly.*

**W**ounds in the belly or flank that peirce not through & hurt not the spine of the back, are cured as simple wounds in the flesh, but if the shot have peirced through the belly and wounded either the stomach, Liver, spleene, kidneys, intestines, bladder, or any of the great veynes or arteries, then there is no hope of life to be looked for; but if the shot have pierced the belly, and yet wounded none of the forenamed members; then the shot being



# 64 *A description of the body of Man.*

being taken out there is some hopes of recovery.

Therefore you must labour to take out the stone with a probe fit for that use, but if you cannot without much labour doe it, it is better that it remaine within, then to provoke mortall accidents by laboring to take it out; for the wound may be very well cured, and the bullet remaine within. And if blood bruised or matter be in the belly, wine warmed and make injections, and use the incarnative following.

*Rx. Turris* }  
*Alloes* } ana 1 drachme  
*Farina bordei* }  
*Terebinthina* }  
*Millis.* } ana 2 drachms.  
*Succi myriophili* }

Mixe the flower with the juice, and dissolve and melt the honey and the turpentine at the fire; then put altogether, and make an unguent: with this spread your plaisters and dip your tents in; and when the flesh doth grow and the wounds fill, apply such medicines as be astringent, and that dry: and if need be open a veine in the arme, and alwayes keep the belly soft.

Of wounds in the legs and armes made with  
gunshot.

**T**He cure is after the method set out before,  
first with your probe search out the shot, and  
with your crowbill take it out, but if the shot  
cannot easily be found, then proceede on to the  
cure of the wound and let it remaine within; in-  
still and power into the wound the unguent made  
with butter, *precipitate* and *Egyptiacum*, and let  
it peirce into the wound, then make tents and dip  
them in the same, and put them into the *Orifices*  
of the wound, and when the wounde is well munda-  
lified, use some incarnative, as this following.

R. *Terebintine*, 2. ounces

*Mellis* 1. ounce.

*Aloes* }

*Thuris* }

ana 1. drachme,

*Farina Bordei* }

*Aristolochia*, halfe a drachme.

And you must have a care that you make your  
tents dayly shorter and lesser, as the wound heal-  
leth; but if through the violence of the shot, any  
bones be fractured and broke, then you must use a  
double cure: First, you must labour to take out  
the shot, next to remove the contused and broken  
flesh, and to procure the generation of new, and  
then you must come to the union of the fractu-  
red



66 *A description of the body of Man.*

red bones, and keep the same without motion, as is set out before in the cure of fractured bones and dislocations, saving that you shall not use such ligatures and splints in this kind of wounds, but use an instrument to lay the fractured arme or lege in, and cover the member with soft cloathes to defend it from the injury of the aire.

*Of burnings with gunpowder.*

**T**He cure is all one with other burnings of fire, but because those that are much used to shoot in guns are subject to the flame of powder, I have placed it heer, if the skin be not ulcerate, you may apply oyle of bitter Almonds, oyle of Olives, or juyce of Onyons, but if there be ulcerations, use this Unguent following.

Rx. *Olei olivarum*, 2. pound.

*Secunda Corticis sambuci*, 4. ounces.

Boyle these on the fire, then strain them out strongly, after adde to them

*Cerussa* halfe an ounce.

*Plumbi usti* ana 3. drachmes.

*Lithargyri*

Mix them, and make thereof a liniment, and apply it: Thus much of gunshot.

Receipt



Receipts for severall Diseases.

*Here followeth choyce and select Receipts.*

*An excellent preservative against the Plague.*

**T**AKE Aloes Epatica, or Sicatrina, Cynamon, and Mirrhe, of each of them three Dragms, Cloves, Mace, Lignum Aloes, Mastick, Bole Armonick, of each of them halfe a Drachme, stampe them well together in a clean mortar, mingle them together, and take of it every morning two penny waight in halfe a glasse of white wine, with a little water, and drinke of it in the morning, it is excellent against all infection of the Ayre and Plague.

*Remedies against the Plague.*

**I**N the time of Pestilence in no wise suffer too great thirst, and if you do thirst drink but measurably, and use cooling drinkes, such as Tysan water mingled with Vinegar, or water of Burrage, Lettice, Rose-water, Scabious, Turmentill, or Dittany; also when you go to bed, shut your doores and windowes close, and have a pan of coales, whereon cast powder of Laurell leaves  
F 2                      dryed,



68 *A description of the body of Man.*

dried . Rosemary and Frankinsense ; also use in your chamber fire of Juniper wood, Frankinsense, Storax, Calamint, and Labdanum ; like wise have ever some Pomeander or good scent about you.

*A Drinke for the Plague.*

**G**Ive the Party (finding himselfe sick) before he sleepe, six spoonfulls of *Aqua vite*, and put therein a spoonfull of beaten gunpowder, and let him drink it, and sweat upon it.

*A Cordiall water.*

**T**AKE a gallon of Strawberries, and put them into a pint of *Aqua vite*, let them stand for foure or five dayes , strain them gently out, and sweeten the water as you please with fine Sugar or Perfume.

*For burning or scalding.*

**T**AKE green Geese dunge, and fry it with fresh butter and sheeps suet, and strain it through a cloth, and lay it on the sore.

*For stinging of Adders and Snakes.*

**T**AKE Draggons and drink it, also stamp Draggons and lay it to the place, where the stinging

*A description of the body of Man.* 69

ing is, it will both draw out the venom, and heale the smarting and pain.

*For the Scurvy.*

**T**Ake of white-wine a quart, of running water or Ale, which you like best, a quart, Colts-foot four or five leaves, English Licoris scraped and sliced two or three sticks, of Hyssop two or three slips, Raisins of the sun stoned ten, of Figs sliced two or three, of Anniseeds brayed in a mortar a spoonfull, of Elecampine a root or two, boyle these together to the halfe, then skim and strain them in a fair cloth, and set the liquor upon the embers, and therein put an ounce of white suger-candy beaten; take about a spoonfull hereof morning and evening, and every two houres as much. *Probatum est.*

*For pain in the head, and to cause sleep.*

**T**Ake two handfuls of Dog-bryar leaves, four spoonfulls of wine vinegar, as much red Rose-water, as much breast-milke, a Nutmeg sliced small; infuse these in a dish upon a chafing-dish with coales, and apply them to each side of the head, upon the temples when you go to rest; in case the Roses be not to be had, red Rose-cakes, or red Poppy-cakes will serve the turn.



70 *A Description of the body of Man.*

*For a Canker, or any other heat in the  
mouth.*

**T**Ake red Sage and Rue, of each a handfull, of Sorrell, Groundsell, of each a small quantity; cut the Hearbs small, and stampe them in a wooden vessell, then take roach Allome the quantity of a Walnut, of white Copperas as much as a Hazell Nut, and burn them together: Take also as much Copperas and Allome unburnt, stamp these with the Hearbs very small, then boyle them in a pint of running water, with three spoonfulls of English hony, till halfe be consumed, then let it run thorough a strainer, into an earthen vessell; when it is cold put it in a glasse, and when you use it, you must gargle with it three times a day; you may lay some of the Hearbs that remaine in the stainer, to the sorest places, if you see cause.

*For the pin and web, or any other Rheume  
in the eyes.*

**T**Ake two new layd Eggs, make a hole in the crowns, and put the whites into a sawcer, then put away the yolkes, and take one of the shells and wash it with faire water, and put halfe the white into it, then put in as much white Copperas as a Pease, and so much Roach Allome, then

fill

*A Description of the body of Man.* 71

fill the egge-shell up with the rest of the white, then lute it up with a little dow, and wrap it in a wet paper, and rake it up in Embers till it be very hard, then strain it thorow a strong cloth, drop one drop of this water into your eye, lying on your back, morning and night, and also at foure of the clock, if need be.

*For a woman that hath not her termes.*

**T**Ake a small quantity of the best *hiera picra*, every morning in a little warm posset drinke; if the party be of a weake constitution, then every other morning, about two houres after let them drinke some warm physick broth, and beware of taking cold; if need be let blood in the foot.

*A Powder for the green sicknesse.*

**T**Ake a quarter of a pound of Sugar, Steele  $\xi$  i. of Pearle, Cloves, Mace, and Nutmegs, *ana* halfe an ounce, beat them very small, and mingle them together, and take in the morning fasting as much as will lye on a six pence, and so much again at four of the clock in the afternoon.

*A Purge.*

**T**Ake of the best Sena, six Drachms, of Rhabarbe two Drachms; *Cremor tartari* halfe



72 *A description of the body of Man.*

a Drachme, of sweet Fennell-seed as much, and a little Cynamon; infuse all these one night in half a pint of white wine, in the morning let it boyle a walm or two, straine it and put to it of the best Manna  $\S$  i. dissolve it over the fire, then straine it, and put to it one ounce of the follative sirrup of Roses, and so drink it; fast two houres after from meat, drink, and sleep, and then drink nothing but thin broth.

*For the Ptisick, or shortness of breath.*

**T**AKE a pint of Hony, clarifie it, and put to it  $\S$  ij. of flower of Licoras, a quarter of a pound of Currans, two ounces of sweet Fennell-seed bruised, flower of Elecampane roots two drachms, stir all these together into the hony over the fire, then take it off, and eate a little of this in the morning, and at any other time, when you see occasion. *Probatum est.*

*An excellent Drinke for the Ptisick and Consumption.*

**T**AKE two quarts of running water, put into it two handfuls of unset Hyssop, two handfuls of tops of Rosemary, a handfull of Scabious, a little Lungwort, and Mayden-hayre, nine or ten Figs sliced, a few Elecampane roots, stir all these together.

*A description of the body of Man.* 78

cher, boyle it to a quart, and sweeten it with Sugar-candy, drinke hereof three times a day, a little warme, morning fasting, three in the afternoon, and last at night.

*For the Dropisie.*

**T**AKE sweet Fennell-seeds, Anniseeds, Parsly-seeds, Coriander-seeds, of each an ounce, Raisins of the sun stoned one pound, blew Figs halfe a pound, French Barley two ounces, *Capillus veneris* one handfull, Hartongue, Polipody-roots, Liverwort, Lungwort, ~~and~~ halfe an handfull, red Sage, Penny Royall, Violet leaves, each one handfull, nine tops of Rosemary, inward barke of green Elder one handfull, Liquoras two ounces, boyle all these together in a gallon of spring water, to a pottle, then sweeten it with Sugar-candy, and drinke of it when you please: After this take half a peck of Sage of virtue, and red Sage together, and two handfulls of Rue, and still them together, and so drink them altogether.

*A Plague Water.*

**T**AKE a pound of Celandine, Rosemary, Balm, Rue, Wormwood, Draggon, Scabious, Pimpernell, Egrimony, Bettony, Angelica, Cardus, Marigold leaves and flowers, Burrage-leaves and flowers,



74 *A description of the body of Man.*

flowers, Featherfue, *Rosa solis*, Pellitory of Spain, Pellitory of the wall, red Sage, and Sage of Jerusalem, Serwell, Mother time, and Devils bit, Tormentill, of every of these a pound, or lesse, as you see cause proportionably; Tormentill roots halfe so much as of the Hearb, put all these together in a great pot, and let them soke in white wine three dayes and three nights, stopping the pot very close and stirred two or three times a day, being set in a very coole place, then take out the Hearbs and still them, and keep the water in faire glasses, and sett the same in the sun; and if any happen to be sick of this disease, give them ten spoonfuls of this water bloud warm, so soon as they feele themselves sick, and then let him walk an houre if he be able; if he be not of himselfe, then let him be led about by the armes an houre, let him not eate or drink in the meane time, and then have him to bed, if he vomit it is the better, and if he take it before he sleepe he shall escape (*Deo Iuvante*) the older the water is, the better it is: This water must be still'd in May, if the Hearbs can be got so early and it is good against the Ague, or any infectious disease that is in the stomack, being taken before the fit do come.

*For heat in the Urine.*

**T**Ake the rinds of Hazell, steepe them in Ale or Beere, and drinke it for your first and last draught.

*A Description of the body of Man. 79*

draught every day, and at any other time, if you please.

*Another for the same.*

**D**istill Purslaine in a common still, and drink of that water a quarter of a pint every morning.

*For a strain causing one to spit blood.*

**T**ake a pint of good Sack, and set it on the fire, and put into it a good piece of fine Sugar, let it stand till it be ready to burn, (burn it not) then throw into it the yolkes of four new layd egges, strain it, brewing it continually till it be thick like Cawdell, then drink a draught thereof first and last, both morning and night; Sirrup of Comfrey is likewise very good for the same purpose.

*A Bag for purging Ale.*

**T**ake of Egrimony, Speedwell, Liverwort, Scurvy-grasse, Watercresses, each a good handfull, of Monke, Rhabarb, and red Madder, each halfe an handfull, of Horse Rhadish roots  $\text{℥} \text{iiij}$ . Licorice  $\text{℥} \text{ij}$ . Sassafrace  $\text{℥} \text{iiij}$ . Sena  $\text{℥} \text{vi}$ . sweet Bennell-seeds two drams, four Nutmegs, pick and wash your Hearbs and roots, bruise them all in a mortar, and put them all into a bag made of bolter; so hang them in three gallons of middle Ale, and



70 *A description of the body of Man.*

and let it worke in the Ale, and after three dayes you may drink of it as you see occasion.

*For to stay Vomiting.*

**T**AKE Roses and boyle them in good strong Vinegar, and make a Plaister thereof, and apply it to the stomach.

*A secret Powder for wounds.*

**T**AKE Hipericon leaves and flowers, Millfoyl and Viticella, and stamp them together, and strow it upon the wound, and round about the wound when it is dressed, and it doth defend from Accidents.

*Of the Sciatica.*

**T**HE Sciatica is a Disease so called, because cometh in that place of the body called Sciatica, and is caused of an evill quality, and grosse humors that are stayed in that place, because they cannot passe down: The Cure thereof is with Glister, Vomits, Purgations, and Uctions, because the Glister do evacuate those places next unto it, and so easeth the humor; the Vomit cleanseth the stomach, the Purgation doth evacuate the body downwards, and the Uctions dissolve the wind

and

*A description of the body of Man. 77*

ke ease it; so that by these means, you may help the  
ciatica.

*Against a stinking mouth.*

**Y**E must wash your mouth with water and vinegar, and chew Mastick a good while, and then wash your mouth with the decoction of Aniseeds, Mints, and Cloves sodden in wine.

*For a stinking breath.*

**T**ake two ounces of Commin-seeds bruised in a pottle of white wine unto a quart, then keep using to drinke a little thereof at night warme, the space of fifteen dayes, and it will help.

*to make an aking tooth fall out of himselfe,  
without any instrument or pain.*

**T**ake wheat-flower, and mix it with the milke of the Hearb called in Latine *Herba lactaria*, English Spurge, which is an Hearb well enough known, and thereof make as it were a paste or w , with which you shall fill the hole of the tooth, and leave it in a certain time, and the tooth will fall out of himselfe; also if you wash your mouth once every month with wine, wherein the tops of the sayd Hearb hath been sodden; you will never have pain in your teeth.



*An excellent purging Ale called the Ale  
health and strength.*

**T**Ake Sassafrace-wood halfe an ounce, Sarsaparilla three ounces, white Saunders one ounce, Mace a quarter of an ounce, *Lignum Rhodinum* a quarter of an ounce, *Lignum vitae* a quarter of an ounce; cut the woods as thin as mallet be into small pieces, and bruise them in a mortar and put to them Cowslip flowers, and Roman Wormwood, each an handfull, Sage, Rosemary, Bettony, Mugwort, Balm, and sweet Marjoram, each halfe a handfull, a handfull of Hops, boyle these in six gallons of Ale, till it come to four gallons, then put the Woods and Hearbs into six gallons of Ale of the second wort, and boyle it likewise till it come to foure; let it run from the drum and put your Ale together, and use it as you do other Ale, put it in a sweet vessell till it be ripe, and then drink it at your pleasure.

*A Medicine for the Gout to be taken in order*

*I. The Pultis.*

**T**Ake of Manchet about three ounces, the crum only thin cut; let it be boyled in milke till it come to a pulpe, then adde unto it a drachme and a halfe of the powder of red Roses, of Saffron grains

*A description of the body of Man.* 79

graines, oyle of Roses halfe an ounce; let it be spread upon a thin cloth, and applyed luke warm, and continued for three houres space.

2. *The bath for the Gout.*

TAke of Sage leaves halfe an handfull, of Hemlock roots sliced six drachms, of Briany roots halfe an ounce, two handfulls of red Rose leaves; let them be boyled in a pottle of water wherein Steele hath been quenched till the liquor come to a quart, after the straining put in halfe a handfull of Bay-salt; let it be used with scarlet wool, or scarlet cloth, dipt in the liquor hot, and renewed seven times in the space of an houre, or a little more.

3. *The Plaister for the Gout.*

TAke the Plaister of Diacalcytis as much as is sufficient for the part you mean to cover; let it be dissolved with oyle of Roses in such a consistence as will stick, and spread it upon a piece of Tolland, and so apply it.

*For a straine.*

TAke Powder of Corrall, and Powder of Rock-amber beads, each halfe a drachme, make them into paste with a little gum-draggon and conserve



36 *A description of the body of Man.*

serve of red Roses; this you must eate morning  
and evening, and beware of violent stirring, wine  
and women, and meats with Pepper.

*For a Flux.*

**P**Ut one ounce of whole Pepper into a quart of  
new milke, boyle it unto a pint, and drinke  
halfe a pint thereof every morning, and fast three  
houres after it.

*For a Pin and web, or any other Rheuma  
in the Eyes.*

**T**Ake two new layd eggs, make a hole in the  
crowns, and put the whites into a sawcer  
then put away the yolkes, and take one of the  
shells and wash it in faire water, and put halfe the  
white into it; then put in as much white Coperas  
a Pease, & as much Roch Allome, then fill up the  
egge with the rest of the whites, rost it in embers  
and afterwards straine it, drop a drop of it into  
your eye, lying on your back morning and evening.

*Another for Rheume in the eyes.*

**T**Ake white Archangell flowers, and put them  
into sallet oyle, and heat them upon a chafin  
dish of coales, and lay them to the nape of the  
neck

neck, as hot as you can suffer them.

*For blear'd and watry eyes.*

**T**AKE a quarter of a pint of the purest running water, and put it into a violl glasse, and put thereto four ounces of the best white Copperas, being first beaten into very fine powder; then put thereto three or four spoonfuls of red Fennell-water, or for want thereof as many of the sprigs of red Fennell, growing next the root; then lute up the violl close, and set it in a skillet of faire water, and warm it so til it begin to boyle, then take it out, and so keep it for use; let the patient morning and evening have a drop dropped into the eye.

*For heat in the Eyes.*

**T**AKE the white of a new layd Egge, beat it very well, then let it stand and settle, and take a spoonful of the clearest thereof, and as much breast-milke, and so much red Rose-water, as both of them, mingle them well together, put them into a glasse, and when you use it, warme a little thereof bloud-warm, and dip two or three rags folded three or four times double, being very fine, and bind them on the eyes when you go to bed, and in the day time wash therewith your eyes, as often as you please.



*A Water for sore Eyes.*

**T**Ake six drachms of Tutia, made into fine powder, as much Aloes in powder, as much fine Sugar, a pint and an halfe of white wine, as much white Rose-water, put all these into a pottles glasse, stop it very close, and sun it a month, shaking it very well twice or thrice a day, and so keep it for your use.

*An Electuary for a Consumption.*

**T**Ake Elecampane roots one pound, wash and scrape them clean; cut them in little square pieces, then take of Rhadishes a quarter of a pound, slice them thin, and as many Wardens of the weight of both these; slice them thin likewise, mingle them together, laying them in Lanes in a Pipkin, and put between every of them some honey, lute up the Pipkin close with paste, and bake it in an Oven with household bread: A pint of hony may be enough for this quantity; when it is cold beat it to a pulpe in a stone mortar, and take it as an Electuary morning and evening.

*A Julip for a Consumption, or any weak booke.*

**T**Ake a Capon that is fleshy, and not fat, dress him clean, cut him into about ten pieces, wash

*A description of the body of Man.* 82

him in white wine, cut every piece by it selfe, and put into every piece a small skewer, that the flesh may not touch the bottome, then put them into a jugge, with a narrow mouth that will hold about a pottle, then put to it twenty Raisins of the sun stoned, four Dates quartered, two large Maces, a sprig of Rosemary, stop it up close with a Corke, then lute it with paste, and tie a cloth over it, that no ayre get out or in, then set the jugge in a pottle of water, and set bricks about it that it may not stir, so let it boyle six houres at the least; keepe your pot full of water to the neck of the jugge, by having other water ready heated to fil it, then take it out of the pot, and when it hath stood halfe an houre, poure out the Julip; if there be any fat in the top take it off, put to this ten graines of Amber-greese in powder, stir them wel together, and so put them up in your glasse, and take three spoonfuls of this at a time warmed when you go to bed; if the Patient be too hot put lesse, or leave quite out the Amber-greese.

*For a Cough, or shortness of breathing.*

**T**AKE a quart of running water, boyle therein a handfull of unset Hysop, til it come to a pinte, straine it, and put thereto a quarter of an ounce of Licoras sliced, halfe a handfull of Raisins of the sun stoned, two Figs, two Dates, sweet  
G 4 Fennell



84 *A description of the body of Man.*

Fennel-seeds, and Anniseeds halfe an ounce, boyle these til almost halfe be consumed, then let it run thorow a strainer, and sweeten the liquor with white Sugar-candy, and drink of it blood warme first and last.

*A Sirrup for a Consumption and Cough.*

**T**AKE two handfuls of Elecampine, slice it thin, boyle it in faire water halfe an houre, shifting it two or three times, then take two handfuls of Colts-foot, two handfuls of Liverwort, one of Harts-tongue, and two handfuls of Egrimony, one handfull of Mayden-haire, a quarter of an handfull of Mayden-hysop, an ounce of China root sliced, two ounces of Licoras sliced, spoonfull of Anniseeds, a good handfull of Raisins of the sun stoned, foure or five Figs sliced, two spoonfuls of French-barly bruised, and boyled in to two or three severall waters; put all these into a pottle of running water, boyle them untill more then halfe be consumed, and strain the liquor from the drugs, and put in your Elecampine boyled before, and a pound and an halfe of Sugar-boyle it to a sirrup, and keep it in a gally-pot for your use.

*For the Chine Cough.*

**T**ake a handful of Rue and stamp it, then mingle it with English hony, and make it into a Conserve, give it mornings and afternoons, and at night to bedward, as much at a time as a Nut.

*Another for the same.*

**R**oast an Egge rear, dresse it, and put into it as much flower of Brimstone as will lye upon a two pence, mix it wel together, and let the Patient sup it up every morning fasting.

*For the Spleene.*

**T**ake of Couch, or Grassie roots, Succory roots, and Fennel roots, of each halfe an ounce, of the Barke of Caper, and Barke of Tamarisk, each two drachms, Currans and Capers washt from the Salt, each three drachms, boyle these in the belly of a Chicken, with a branch of Time, and put in the bottome of a white loafe.

*For a Flux.*

**T**ake Barke of an Oake from the Tanners, grind it to powder, and searce it, put it into



86 *A Description of the body of Man.*

new milke , and boyle them very wel together,  
eate of this pap every morning , and what other  
times you please.

*Another for the same, being also good for  
a weak back.*

**T**Ake stale bread, or ship-bisket, grate it, and  
put it into a quart of new milke, with a good  
stick of Cynomon, and a good piece of Isinglasse,,  
boyle it to a pint , and thereof morning and eve-  
ning you may take what you please.

*For a weake back, or the whites.*

**T**Ake an ounce of Cynomon , an ounce of  
white Comphry roots , one ounce of Polipo-  
dian of the oak, three ounces of white Sugar-can-  
dy, make all these into powder, mingle them toge-  
ther, and take as much at a time thereof as wil lye  
upon a six penny piece , every morning for the  
space of five dayes , and so likewise in the after-  
noon , and drink a draught of red wine within an  
houre after every taking.

*A Plaister for the swelling of the stones.*

**T**Ake Cow-dung, and seeth the same in milke  
then make a Plaister thereof, and lay it meetly  
hot upon the swelling:

*Another*

*Another for the swelling of the stones.*

**T**AKE Commiseed, Anniseed, and Fennugrecke,  
of each a like portion, seeth them in Ale, and  
stamp them, and temper them with fresh May but-  
ter, or a little oyle Olive, and apply it to the sore.

*Another for the same in the beginning of  
the grieve.*

**I**F there be much inflammation in the Cods, you  
may make an Oyntment of Planten, the yolke  
of an egge, and oyle of Roses, stir them wel a-  
bout, and apply it to the grieve twice or thrice in a  
day; if the pain be great, and the Patient of a  
good age, and of strong complexion; if the Pre-  
parations will not help, make a Plaister after this sort,  
viz. Take Henbane leaves a handfull, Mallow  
leaves a handfull and an halfe, seeth them wel in  
clear water, then stamp them and stir them, and  
with the broath, Bean-flower, Barly-flower, oyle  
of Roses and Camomile sufficient, make it up,  
and put it on the swelling lukewarme; Henbane  
is good (as *Avicen* saith) to dissolve the hardness  
of the stones by a secret quality.



*A Pultis for a sore breast.*

**T**AKE new milke and white bread grated, Mal-  
lows, and red Rose leaves, each an handful,  
then chop them and boyle them together til it be  
thick, then put in Hony and common Turpentine:  
spread it on a cloth and apply it to the sore.

*Another for the same.*

**T**AKE a quart of faire water, halfe a pint of oat-  
meale, two handfuls of Smalledge, halfe an  
handfull of red Nettles, boyle all these well toge-  
ther, being first chopt, and put in a quarter of an  
pound of Sheeps suet minced, stir them well on  
the fire, and apply part thereof as hot as the Pati-  
ent can suffer it.

*For an Ague in the breast, as also to dry  
up the Milke.*

**T**AKE good *Aqua vita*, Linseed oyle, warme  
them in a dish, and dip therein two clothes fit  
for the breasts, and apply them as hot as can be  
endured, lay also a little lump of Flax tow under  
each Arme, being well dryed and warme, and  
dresse the breasts therewith morning and eve-  
ning.

*For*

*For a swell'd face.*

**T**Ake Rosemary leaves, mince them, boyl them with milke and oatmeale to a Pulvis, then put thereto a spoonful of hony, apply it as oft as there is cause, and as hot as the Patient can suffer it.

*For any ordinary sorenesse.*

**T**Ake a pint of Ale yest, three or four handfuls of groundsel. household leaven as much as an egge; set the yest upon the fire, and then crumpe the leaven into it, and let it boyle a little while, and then put in the hearbs and the roots, and let it be boyled thick, and lay some of it on a cloth every morning and evening, and this will both draw, break, and heale.

*For a Fistula.*

**T**Ake a handfull of Sage, wash it, pick and spread it, boyle it in a pint of milke, til it be tender, then take a penny worth of Flax seed, beat it to powder, and when the Sage is tender, thicken the milke with the Flax-seed, when it is boyled put thereto a penny worth of oyl of Roses, use this two or three dayes twice a day.

*For*



90 *A description of the body of Man.*

*For a Felon or Boyle.*

**T**AKE halfe a pint of new milke, and put some grated bread into it, boyle them together, then put thereto a handful of Smalledge, as much Southernwood chopped fine, so boyle them to a Pultice, and when it is boyled, stir into it almost a spoonful of Castle Sope scraped.

*For a Burn or Scald.*

**T**AKE three handfuls of the green rinds of Elder, as much green Goose dung, beat these, and boyle them a pretty while in a pound of fresh butter, strain it out very hard, and keep it in an earthen pot, stir it til it be almost cold; and when you use it melt thereof, and anoynt the sore with a feather, and lay a Primrose leafe next the sore.

*Another for the same.*

**T**AKE Barrows greafe, red Sage, Sengreene chop them and boyle altogether, then strain it and use it.

*For the Mother.*

**T**AKE a great red Onion, and cut a round hole therein, and fil it with black Sope, and roast it

in Embers til it be soft, and apply it to the Navel as hot as may be.

*For the same.*

**G**Ive the Patient a good draught of fair water and wheat flower mingled together, bow the Patient forward, and burn Partridge feathers before them in a chafing-dish with coals.

*To cure Cornes in the feet, and the cause of them.*

**T**He matter whereof Cornes are ingendred is a certain hot humour, whereof nature striveth to be disburthened and discharged, and is properly termed a Callowes matter, and this humour nature endeavouring to expell, forceth it out unto the lower parts of the body, even unto the very extremity of the toes, where it cannot passe any further by reason of the hardnesse of the skin, whereby it often ingendreth a hard tumor in the skin, which many times doth increase, and grow in hardnes, causing such pain, that it doth not onely hinder their going that are troubled therewith, but also many times breaketh their sleepe in the night: This kind of tumor is commonly called *Callo*, or *Cornes*, and infinite number of people are troubled with this Malady; and many have pre-



92 *A description of the body of Man.*

pretended much for the cure of them, but very few have perfectly arrived at it; they may be very well eased, but the perfect cure of them is seldom, if at all compleated; the best way is therefore to pare them with a sharp knife unto the bottom, where you shal find a certain matter; but if you find none, pare them until the flesh be tender, and then dresse it with the oyle of Sulphure, or artificial Balsome, and it will much help it; likewise the leaden plaister formerly mentioned in this booke is very profitable for easing Cornes, being plaister wise applyed thereto; the jayce off House-lecke if it can be conveniently applyed hath been approved very effectuell for this purpose.

*An excellent Oyntment for the Stone and Chollick.*

**T**AKE Broom-buds ready to blow clean picked from the stalkes, halfe a pound, and beat them very smal in a mortar, then mix them with May butter clarified, as much as shal be sufficient to make it into an Oyntment, and keep it close stoppt in a vessel eight dayes, then seeth it and strain it, and therewith anoint the Patient very warme evening and morning.

*For*

*For winde or cholick in the belly.*

**T**AKE a Rose-cake and toast it at the fire with vinegar thrown upon it, and lay it as hot to your belly as you may suffer it.

*For inflammations in wounds.* #

**T**AKE of the juyce of the hearb called Pimpernel, and of Sempervive, of each halfe a pound, of oyle Olive one pound, put them all into a vessel to boyle until halfe be consumed, then put thereto of butter foure ounces, and of Valerian halfe an ounce, and make thereof an oyntment, and use it as you see occasion.

*Against the swelling of the Leggs.*

**T**AKE the juyce of Walwort, Wax, Vinegar, and Barly meale, of each like quantity, boyle it, and make a plaister, and bind it upon the sore.

*An excellent Preservative against the  
Plague.*

**T**AKE Aloes Sicatrina, Cynomion, and Mirrhe, each three drachms, Cloves, Mace, Lignum Aloes, Mastick, Bolc-armonick of each halfe a drachme,



94 *A description of the body of Man.*

drachme, let them be stamped very smal in a cleane  
morter, then mingle them together, and after keepe  
them in some close vessel for your use; take  
this medecine every morning two penny weight  
in halfe a glasse of white wine, with a little Cy-  
tron water, and drink it in the morning fasting  
betimes, when you feare any infectious ayre, and  
by Gods help it will defend you.

*An excellent Plaister to dissolve Tumors  
which King Henry the Eight used for  
the swelling in his Legs.*

**T**AKE the roots of Marsh Mallows, wash and  
pick them clean, then slit them and take out  
the pith, then cut them in small pieces and bruise  
them, then take the quantity of a pound of them  
and put them in a new earthen pot, and add  
thereto of Linseed and Fenugreeke, each two ounce  
ces bruised, then put thereto Malmsey and white  
wine, each a pint, and stir altogether, and let  
them stand infused two or three dayes, then strain  
them over a fire, and stir it till it grow thick and  
slimy, then take it off, and strain it thorow a new  
Canvas cloth, then take oyle of Roses a quart  
and wash it in white wine and Rose water very  
well; then take the oyle clean from the water  
and wine, and set it over the fire in a brasse pan  
always stirring it, and put thereto the powder of  
Lytharge

*A description of the body of Man.* 95

Lytharge of Gold, and Lytharge of Silver, each eight ounces, of Ceruse six ounces, or red Corall two ounces, of Bole Armonick and Draggon's blond, each one ounce; make these into very fine powder, and searce them, then put them into the oyle over the fire, alwayes continuing your stirring it, then put in of the Mucylage made of the Mallow roots before, ten ounce, by little and little at once; and when it is boyled enough, which you shall perceive by the hardness or softness thereof; if you drop a drop of it on the bottome of a cleane pewter dish, if it be hard, take it off from the fire, and when it is neer cold make it up in roles, and keep them in Parchment for your use.

*A marvelous remedy to cure the Pestilence,  
Carbuncles, and such like.*

**T**AKE the seed or berries of Ivy, that groweth on trees or wals, and gather the sayd berries very ripe, dry them in the shadow, and keep them in a box of wood as a precious thing; and if any be infected with the Pestilence, take of the sayd berries, and beat them to powder, and give the Patient of the sayd powder as much as will lye upon a groat in a glasse of white wine, then cover him very hot in his bed, and let him sweat very well, then let him change his shirt and the sheets if you can conveniently; some have taken of this powder



96 *A description of the body of Man.*

der over night and been perfectly well in the morning.

*Now a man may preserve himselfe in time of  
Pestilence against infectious Ayres.*

**B**Ecause the evill humors that be in mans body make it more apt and easie to receive the corruption and infection of the Ayre; it is good to keep the stomack and the head clean purged, not to overcharge it by eating and drinking, but also to staine from all excesse thereof, and also from grosser meats, and to purge himselfe often gently with some easie purgation, as of Cassia, Rhabarbar, Mastick pils, Aloes, or the like: It is also good to eat in your pottage things that purge the bloud, as Burrage, Bugglas, Succory, Lettice, and such like; and above all, not to keep your stomack overcharged, nor too empty, and in the morning sometimes to take some of these preservative medicines as Rue, Figs, & Walnuts, which is very good against all infections, or else take some Confect as the pill of Citron Confect, and after meales use the seeds of Citron Confect in Sugar, which is very good against all manner of venome and poyson: And likewise at your meales to eat the white and inside of a Citron with a little Sugar, and to eat it with meat as men eat Lemmons in the morning, at noon, and night. It is also verie

*A description of the body of Man.* 97

good to bath and wash your hands, your temples, your pulses, and your nose with vinegar rose, or with other vinegar, whereunto you may adde a little Camphire, Rose water, *Lignum Alces*, *Xilobalsamum*, if you can get it, if not, use a little Cinnamon instead thereof: It is alwayes very good to keep such kind of vinegar by you in some vial, for to use it when time shall require, for it is a very good preservative; and if you cannot have the vinegar compound as is prescribed, then you may use vinegar of compound wine; also it is very good to carry about you some good perfume, either in your Gloves, or Handkercheise, or to hang it about your neck; your house ought to be kept as clean as possible, not favouring of pisse, or such unsavoury smells; keep it flau, and often washed, and beware ye keep no foule and stinking clothes in your house, you may also often burn in your house the wood and leaves of a Bay-tree, of Rosemary, Juniper, and Cyprus, use it often, likewise Pitch, Rosin, and Oibanum, burning it in the midst of the house or chamber, principally at night and in the morning: Likewise Orenge and Lemon pils, *Storax calamita*, and *Labdanum*, be very good for this purpose. As concerning the disposition of the mind, ye must consider, that Sorrow, Anger, Sadness, or Melancholy, do corrupt the bloud and other humors, weaken the heart and spirits, deprave and hurt nature, therefore e-

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very



98 *A description of the body of Man.*

Every man ought to avoyd them as much as is possible; and if a man be over much merry, or given to pleasure, it dilates and enlargeth the pores and passages of the seed of man and the heart, so that he is thereby the more inclined, and more apt to receive the evill ayre and venome, penetrating into his body, also a man must beware of drinking much wine; therefore it is good to use temperance and moderation in all things, and above all things let a man alwayes have a sure hope and confidence in God, ever be ready and disposed to dye when he shall please to call us, not so much esteeming this mundane or worldly life, or fearing so much death, which is no other thing than an issue or departing out of this troublesome life full of miseries and calamities, and an entrance into an ever blessed and eternall life, replenished with all joy, solace, and pleasure, which God hath prepared for all them that love him through Jesus Christ.

*To breake the Stone.*

**T**Ake the stones of a Cock of a year old, beat them and beat them into fine powder, give it the party diseased to drinke in white wine, also the stones of a Colt made into powder, drunk in white wine, is good for the same.

*A very approved good exciccative Plaister for all kinds of Ulcerations, as well of the legs, as other parts of the body.*

**T**AKE of Lytharge in powder one pound, of Oyle of Roses one pint, of white Wax ℥ij. of Mirrhe and Olibanum, each ℥i. of white wine and of Urine, of each halfe a pound, of white wine vinegar a quarter of a pound, of Nightshade and Plantain, of each halfe a handfull: Put the herbs in a mortar with the vinegar, and stampe them together, and wring out the Iuyce, and put unto it the vinegar and wine aforesayd; and thus you must make your Plaister, melt your oyle and wax together in a faire pan, and let it boyle, then by little and little put in your Lytharge, alwayes stirring it, afterwards put in your Iuyces by little and little, keeping it stirring till you have put in all, and be sure it be well stirred that it settle not to the bottome, and so let it boyle stirring it well till the Iuyces be consumed; then last of all put in your Mirrhe and Olibanum in fine powder, and stir it till it be cold; if it be too hard make it softer with oyle of Roses, if it be too soft boyle it harder according to art, &c.



*The virtues of this Plaister.*

**T**His is a speciall Plaister for all kinds of Ulcers, rations, and old festred sores, as well of the legs as of any other parts of the body, for it hath great virtue alterative, resolutive, and exciccativve provided alwayes the body be thoroughly and universally purged, as often as need shall require.

*A good Cerate called Hydrelæon Galeni.*

**T**Ake of Lychargy of Silver one pound, of cleane fair water, of pure oyle each two pound; this Lycharge is to be made in pure fine powder, and the other to be stirred together in a mortar of stone, then boyle them on a soft and small fire of coales; the medicine should properly be made in the sun, that it be the whiter, and the fire vanishing, you must still adde fresh coales untill you have boyled these together to the thickness and substance of a Cerate, then preserve it for these uses. It doth refrigerate, and therefore is profitable in Ulcers and Tumors, for it suffereth not any humor to flow unto them, and that which is already come it expelleth, it healeth itchings, Wounds, Batches, and malignant Ulcers.

*Another for Rhumatick Passions and greene wounds, it doth exciccate and dry.*

**T**AKE Lytharge of Silver one pound, of pure oyle, and of the best white wine, of each one pound, mix them and boyle them to a Cerate as the former.

*A precious Oyntment good for all kind of Sciticaes, dry itches, straines of sinews or vains, for any burning with gunpowder, skingles, blisters, venoms.*

**T**AKE Organy, Mints, Time, Hyssop, Spike leaves and flowers, Wormwood, Featherfue, Orpen, Sage, Vervain, Costmary, Bettony, Marygold, Stems and flowers, each a good handfull. And of Valerian two good handfulls, take the tenderest part of the leaves from the heart stalkes, chop them very small, and seeth them in a cleane pan with two pound of Barrows grease finely ayed, and four ounces of Deers suite, stir it diligently the space of an houre, then strain it into a cleane pan, let it stand all night, the next morning let out the water, underneath the oyntment, taking none but the purest of it, set it on the fire again, melt it, skum it clean, put thereto foure

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ounces



102 *A Description of the body of Man.*

ouices of Deeres suet, then take it off, and let it stand all night as before, then warm it a little, and take it out on a clean boord, and cleanse the bottom of it, and keep it for your use, it will last seven years.

*For Aches, Bruises, Gouts, Stitches, Pal-sies, Cramps, &c.*

**T**Ake Sage, Rue, of each one pound. Worm-wood and Bayes, each halfe a pound, Sheeps suet three pound, all these must be stamped together till none of the suet be seen, but all one then put thereto of oyle olive a pottle, and worke it well together, and after put it into a fine Basone and cover it close, and let it stand eight dayes and then take it out altogether and breake it into brasse pan, making a soft fire under it, stirring till the herbs becom crackling, and hard, and then take it off, and when it is cold straine it and put to it an ounce of oyle of spike, and anoint the greif therewith warme.

*For the falling sicknesse.*

**T**Ake the hinder part of a skull, beat it to powder and give it the party in Sirrup of violets as much as a pease at a time.

*To draw out the Ague from any sore  
or in the legs.*

**T**Ake wormwood and henbane, each a handfull,  
shred them into a quart of milk, put in a hand-  
full of red rose leaves, and as much beaten oate-  
meale as will make it a pultis, a good quantity of  
wines grease, and when it is well boyled apply  
it to the sore very hot.

*For an old sore running with  
thinne matter.*

**T**Ake running water and white wine vinegar  
each a pint, boyle them halfe away, then boyle  
herein a new peice of holland, thus bath with  
this liquor a place a hands bredth above the sore,  
and lay the cloth on the same place; do it morning  
and evening.

*For swelling in the knees or any other place  
that commeth of winde.*

**T**Ake a quantity of sacke, put therein some  
rosemary and a little pepper grosely beaten,  
put them all into a stone jugge, stop it close and  
let it boyle softly untill halfe be consumed, then  
bath the place therewith that is grieved, as hot as



104 *A description of the body of Man.*

may bee, then dipp a linnen ragge and binde it on  
the place, two or three times a day and keepe it  
warne.

*To dissolve any knob or hard swelling.*

**T**AKE of the whitest Frankinsense, and the  
white of an egge, beat them to a salve, and ap-  
ply it.

*For the Gout, and all manner of Aches and  
Bruises, an Oyntment.*

**T**AKE Violet leaves and flowers, Primrose leaves  
and flowers, Cowslip leaves and flowers,  
Elder leaves and flowers, white Lilly flowers, *St. Iohns*  
*Wort*, Ragwort, Mugwort, Sage, Nepper  
Smalledge, Marjoram, Lavander, Southernwood  
Rosemary, Rose leaves blown, Rue, Lavander  
Cotton, Featherfue, Tansie, Lovage, Mints, Cam-  
momile, Time, Clary, Oake of Jerusalem, Penny-  
Royal, Safron of the Willow, Hytop, Balme  
white Mints, Marygolds, Pyoney leaves, Bay  
leaves, Dill: Take of each of these Hearbs  
handfull, and bruisse them in a mortar, and put  
them in a pan, with a pottle of sweet sallet oyle  
and a quart of white wine, then set it over the  
fire, and let it boyle softly untill the wine be con-  
sumed, stirring it all the while, then take it from  
the

*A description of the body of Man.* 105

the fire, and let it coole, when you anoynt herewith, you must chafe it in by the fire, and apply next unto the place a piece of bladder, that the cloth drinke not up the oyle.

*For a Ringworm in the neck.*

**T**AKE Hounds tongue, that is white and dry, stamp it, and put it in an earthen pot with wine untill it be thick, spread it, and apply it.

*For the Sciatica.*

**T**AKE a quart of the oyle of Trotters, and put thereto three handfuls of Neppe, two handfuls of Camomile, boyle them all on a soft fire, till it be very green, then strain out the Hearbs, and put into it an ounce of Ginger finely beaten and searced, and stir it together as it cooleth, and chafe the place that is grieved against the fire with this Oyntment both morning and evening.

*For a Sore festred with bloud.*

**T**AKE Lithurge of Gold four ounces, oyle Olive, yong Swines grease, each of them two ounces, green Copperas a quarter of an ounce, Ceruse halfe an ounce, seeth them altogether on the fire continually stirring them, and in the boyling put into it



106 *A description of the body of Man.*

it three ounces of white Wax, and when it is boyled to a pure white, take it off, and stir it till it be cold, there anoynt your hands with oyle and worke it up in Roles, wrap it in oyled Papers, and keep it in a close box.

*A green Salve to heale any Sore.*

**T**AKE Bores greafe white washed and well drayned halfe a pound, of the leaves and flow-ers of St. Johns Wort, and Knot-grasse, each a handfull, of Ashen leaves two handfuls, beat them first very small, and then mingling them with the greafe, beat them again, and boyle them a good space, stirring them, then put in two ounces of yellow Wax, and a spoonfull of Turpentine, so let these boyle a little, and then make it up.

*A Salve for a new wound.*

**T**AKE Elecompane leaves, English Tobacco, the great Orpin, Jacobs Ladder, of each halfe a handfull, beat these in a morter very fine, then put to them above halfe a pound of barrows greafe, beat them well together, untill the greafe be very green, and then set them on a soft fire, a good space, stirring it continually, then put to them yellow Wax and Rozen, of each one ounce, Turpentine one spoonfull, Camphire and Allome, of each

*A Description of the body of Man.* 107

each a little quantity, boyle them together, then take them off and strain them, &c.

*A Medicine for the Ague to apply to the  
wrists.*

**T**Ake nine leavs of red Sage, as much Rue, and about twenty leaves of stock Gilly flowers, cut all these very small upon a trencher, then take two pieces of Calves leather, about four fingers breadth, and spread the same with Venice Turpentine, and upon the Turpentine spread the aforesayd Hearbs, and upon the Hearbs you must scrape a Nutmeg, so lay it to the wrists, an houre before the fit, and when you perceive the fit coming, let the party eate a tost, sopped in *Aqua vite* and Pepper.

*For the green sicknesse approved.*

**T**Ake one ounce of the filings of Steele, and steep it four dayes in the best wine vineger, then set it before the fire to dry, and then beat it to powder, and searce it very small; then take two ounces of Anniseeds, and beat them, and searce them small, and one ounce of fine Sugar, beaten and searced, then mingle them together, and put into it a spoonfull of powder of red Corral, there must be thrice as much Anniseeds and Sugar, as there  
is



108 *A description of the body of Man.*

is Steele. They must take it in a morning fasting, as much as will lye upon a knives point at three times, and as much more two houres before supper, and use some moderate exercise after it till they sweat, after this take a Purge.

*A purging dyet Ale for the Dropisie, Scurvy, and to open the Liver and Spleen.*

**T**AKE Dock roots, Madder roots, Horse-Radish roots, Smalledge roots, Polipody of the Oak, *Sarsaparilla*, Caper and Tamarisk roots, of each two ounces, Egrimony, Mayden haire, Ceterack, Tamarisk, Scurvy-grasse, Brook-lime, Water-cresses, green Wormwood, each one good handfull, ~~Sena~~ six ounces, Hermodactils, Mechoacan, Rhabarbe, Agarick, each one ounce, Anniseeds, sweet Fennel-seeds, Sassafrace, and Liquoras, each one ounce, Cynomon, Ginger, Mace, each halfe an ounce, put all these in a bag, with two gaddes of Steele, and hang it in four gallons of new Ale, letting them worke together, with a pint of the juyce of Scurvy-grasse, drinke hereof mornings and evenings.

*A Drinke for the Rickets.*

**T**AKE a handfull of the barke of Ivy, as much of the barke of Ash, a good handfull of Tamarisk,

*A description of the body of Man.* 109

marisk , put it into two gallons of Beere , and when it is a fortnight old , let the Child drinke it with meat , and at all times for six weekes , or two moneths , spring and fall ; put in likewise Rhabarb one ounce sliced , to this quantity of drink.

*For the Plague.*

**T**AKE three pints of Malmsey , or else Muscadine , and boyle therein Sage and Rue , each a handfull , till a pint be wasted , then strain it , and set it over the fire again , and put to it three penny worth of long Pepper , and halfe an ounce of Ginger , and a quarter of an ounce of Nutmegs , all beaten together ; so let it boyle a little together , then put therein four penny worth of Mithridate , two penny worth of Treacle , and a quarter of a pint of Angelica water ; take of this a spoonfull in the morning or evening , and sweat upon it , if the party be infected , it's effectuell ; likewise for the small Pox , Measles , Surfeits , and such like diseases.

*For old Wounds, Ulcers, Cankers, Scabs, Itch,  
or Fistulaes.*

**T**AKE Virginia Tobacco stalkes one pound ; spring water a gallon , boyle it to three pints , put it in a bottle , the longer you keep it the better ;



110 *A description of the body of Man.*

ter; the way to use it is, to wet a Linnen cloth in the water a little warmed, and so bath wel the wound or place, and then lay the wet cloth thereon; although this medicine be but cheape and homely, make use of it, and you will confesse it secret worthy your acceptance.

*For the Megrim.*

**T**Ake Bettony, Vervaine, Camomile, Featherfue, Wormwood, Rosemary, each alike, put them into a bag, and seeth them in white wine, and lay them to the head as hot as you can suffer it.

*To procure easie delivery in women.*

**T**Ake Pippins, and cut them in thin slices, and fry them in a smal frying pan with oyle of sweet Almonds, and let them eate thereof in the mornings, and at four of the clock in the afternoon, use it constantly til you are brought to bed, and anoynt the Belly and Matrix with oyle of sweet Almonds, and *Sperma cati*, mingled together and warmed once every day, or more if you can conveniently.

*An Oyntment for Rheumatick Eyes.*

**T**Ake Hogs Lard wel tryed  $\xi ij$ . set to sleep in red Rose water six houres, then wash it well

*A description of the body of Man.* III

twelve times in white wine, wherein *Lapis Tutia* and *Lapis Caluminaris* have been quenched; then adde the *Caluminaris* and *Tutia*, being heat red hot and quencht in white wine, as before six times, *Ana* ℥ ij. *Lapis hemeris* ℥ ij. Aloes twelve graines; feed Pearle prepared six graines, mix it very well together, and adde a little Fennel water, as much as shal be necessary to make it liquid enough. Anoynt the eye lids herewith, it wil take away spots, or any thing that groweth about the eyes.

*For a Quinzie.*

**T**AKE *Album Grecum* in powder, and a handful of Rue beat smal, boyle them in sweet sallet oyle, til they become thick, then spread it on a cloth plaisterwise, and apply it to the fore from eare to eare.

*Against the tremeling of the Heart, and Convulsion fits.*

**T**AKE powder of Gold one penny worth, six penny weight of Amber, six penny weight of Pearle, six penny weight of Corral, Bezoar five grains, halfe an ounce of Pioney root, twelve penny weight of the skul of an Anatomy; make them all into powder, take as much as wil lie on a six pence in a spoonful of endive water every morning,



112 *A description of the body of Man.*  
morning, and drinke a good draught after it.

*To boyle Turpentine, for the running of  
the Reynes.*

**F**irst wash it, then boyle it in Plantane, or reced  
Rose water, til it come to the consistence of  
Wax, then make it into pills, whereof take three  
or four when you go to bed.

*To prevent miscarrying, and stop the Reds.*

**T**ake Clarret wine a quart, Mousseare, Shepp  
heards purse, *Ana M. 1.* boyle it all together  
with a stick of Cynomon, and sweeten it with Sugar,  
and drink a draught often warme.

*To stay vomiting bloud by reason of an in-  
ward bruise.*

**Q**uench Steele in milk, and drink it often, and  
take *Sperma Casti* in any warm drink once co  
twice.

*To breake a Boyle or Felon.*

**T**ake a great Onion, cut off the top, and take  
so much out of it as you may fil it up with  
halfe a spoonful of Treacle, and cover it with the  
piece again, bind it with a thread and roast it in  
the

*A description of the body of Man.* 113

the Embers in a brown paper, and when it is roasted, breake it and mingle it together, and apply it to the Boyle or Sore which you would have broken.

*For a Child broken in the belly.*

**T**AKE Polipody of the wall, Juniper Berries, Comphrey roots, the skin of the yolke of an egge, dry all these, and beat them to powder, then put therein a pint of good Ale, and give it every morning.

*For the falling sicknesse.*

**T**AKE Gold, Pearle, Corall, Bezoar, and Amber, ana  $\mathfrak{z}$  4. single Pioney seeds as much, and single Pioney roots a like quantity, in powder, and take as much of the powder as will lie on a groat, in a spoonfull of white endive water, every morning fasting, until a quarter of a pint of water be in such manner spent.

*For the Collick.*

**T**AKE Figs good store, and new Mustard made with Vinegar, stamp them wel together, and put them into a linnen bag, and as hot as you can suffer it lay it on, and hold it to the Navel and Belly.



*For bleeding at Nose.*

**T**Ake Hempe, or a hempen halter, and weare it about your neck.

*A Water to take away wheales, Pusshes, Kernels, Swellings, Bunches, and Warts.*

**T**Ake oyle of bay two pound, white Frankincense, Mastick, Gum Arabick, and Turpentine, each  $\text{℥}$  iij. beat the Mastick, Gum, and Frankincense, then mingle them altogether, distill them in a Limbeck; and after put into that water halfe a pound of the Ashes of Earth burned, and then distill it again, and keep it as a treasure to bestow on your best friends.

*A Water for the head ach, and to cause rest in weakness, or childbed women.*

**T**Ake Primrose leaves, and Wood Bettony each *M.* i. steepe them twelve houres in much new milke as wil cover them; then fitt them together, then steep in this water two good handfuls of Cowslip flowers, and one good handfull of Violet flowers, and one good handfull of sweet Hyssop; so let it stand four houres, then still altogether, and give six or eight spoonfuls at a time.

*A Description of the body of Man.* 115

time, warme with a little Sugar.

*An Oyntment to swage a swelled sore Breast,  
or any other swelling.*

**T**Ake Egremony and boyle it in Butter ; or Hogs Lard, to an Oyntment , and therewith anoynt the swelled breast ; also Egremony boyled in milke, and thicked up with bread and a little honey put into it , and layd to the breast, aswages a hard swelled breast.

*For bleeding Gums.*

**T**Ake the thin shaving of a piece of Spanish Leather, and hold between the Gums , staves  
t.

*For the dead Palsie.*

**T**Ake foure penny worth of the horne that groweth in the inside of a horse knee , dried and beat to powder ; give it with two spoonfulls of the juyce of the green leaves of Perewinckles in fit, and let them drinke a draught of Sack after it, and swear, do this every other day for three dayes, and tie the strings of the Perewinckle about the dead member , and shift them every other day ; these strings cure the cramp , being tyed on therieved place.



*For the Gout stitches, and to open obstructions,  
most excellent.*

Rx. Halfe a pound of red Sanders, and steep it in a pint and a halfe of white wine, let it steep all night, the next morning strain it and drink it; do this two or three dayes together, then forbear it as long; after take it againe, in halfe a score times taking, it hath cured those of the Gout, which for three year together have not been able to go; it doth worke upwards and downwards, and will for a little time make them sick, but is most harmless.

*For a Plurisie of winde.*

**T**Ake Horse-dung, Camomile, and Parsley fryed with Butter and Vineger, and apply it hot as may be suffered, divers times, or wet Rye-meale in the parties water, and make a Cake of it; slit the Cake in the middle, and spread it with London Treacle, and apply it to the side.

*For the wind, Mother, or Convulsions.*

**T**Ake Corral, Amber, and Jet, ana like weight; beat them into fine powder, take the quantity of an Hazel Nut, and put it into a spoone with some Cawdle or Broth; take two or three spoones

*A description of the body of Man.* 117

Spoonfuls in a morning, and eat not in two or three houres after.

*A soveraigne Water for old Ulcers.*

**T**AKE two penny worth of pure white Copperas, put into it a pint of pure Spring water, set it on a soft fire, that it may only simmer, take off the scum with a Feather; so soon as the Copperas is dissolved take it off, and put it into a glasse, or stone bottle, the longer it is kept the better it will be.

*Use this defensive Plaster.*

**B**OLE Armonick, the white of an Egge, and white wine Vineger, and to keep the Orifice open, put into it Gentian Wood.

*For heat in the Back.*

**T**AKE juyce of Lemmons and Vineger, and dip a cloth in it, and apply it to the back oftentimes.

*For the head ach.*

**T**AKE oyle of Wormwood, strong Vineger, and Rose water, and mingle them together, and boyle them, and lay them as hot as you may suffer it.



*To dry up a Sore that issues with water.*

**T**AKE Ale or Beer, and boyle in it Sage til it be strong, then put in a smal quantity of Allome and Hony, and bath the part ill affected, and lay of the Sage leaves that were boyled on the sore place.

*For the Mother. For y<sup>e</sup> Mother*

**T**AKE about Michaelmas time the ripest and rankest Nettle seeds you can get, dry them in the Sun, or in an Oven, and so keep them close in a paper, and when the Patient fees the Mother to rise, take a spoon heaped of these seeds beat in a mortar, in white wine or Beer, and let them drink it.

*For the Piles.*

Rx. White Starch in powder, and put on the Piles, or a great Onyon rost it, spread it flat, and spread it over with Mithridate, and apply it warm.

*For the Rickets.*

**T**AKE sallet Oyle one pint, Cammomile with the flowers three handfulls, strip it from the stalkes, boyle one handfull first, in the Oyle and take it up, then the second and the third, then put the

*A description of the body of Man.* 119

the Cammomile into 2 bags; and anoint the sides striking it downwards with the Oyle, then lay on the bags warme, anoint it twice a day where the knots are, and lay speedewell in their drinke continually, then take a purge of Rhabarb, five or sixe graines in powder, in posset use it nine dayes together, then cease a fortnight and use it againe.

*Anoyntment for the Rickets.*

**T**ake Rosemary, Bayleaves, Cammomile, tops of Lavender, Alehoof, unset Hisop, unset time *ana* M<sup>r</sup>. Shred together; and beate in a mortar and boyled together in a pound of fresh butter an houre, then straine it out, and with this anoynt the Child, his sides, knees, and downe to his feet, Evening and Morning, a quarter of an houre, this must be made in May. Take cloves of Fox ferne root *alias ofmond* bruised and boyled in milke, take it in the morning fasting, and fast an houre after it, and make the root in powder and give it in Beere.

*Sirrup for the Rickets.*

**T**ake running water, one quarr, Mayden haire, Sage of Ierusalem, Coltsfoot each one ounce, Licoras sliced, Anniseeds bruised, *ana*, halfe an ounce, boyle all these to the halfe, then straine it, put to it fine Sugar, a pound and a half, pearle prepared



120 *A description of the body of Man.*

pared  $\xi$  iij boyle altogether, then straine it and give your Childe one spoonfull first and last.

*Pils to stay Vomitting and cleanse the stomacke.*

**T**Ake Aloes *Siccatrina*, adde to it Nutmeg, grated, two or three drops of Sallet Oyle, as much *Aquavita*, and a little Sirrup of Roses when it is dissolved together, put a droppe of Oyle on your fingers, make it in Pils, whereof take two in a morning.

*The Palsie oyle to make to anoynt twice a day for any ach or benumbedness.*

**T**Ake Neats-foot oy'e, Rosemary tops, sweet Marjoram, of each two handfals, Lavander tops or leaves, before it shoot to blow two handfals, red Sage, Camomile, Wormwood, Time, and Hysop, each one handful, chop them smal and put them to the oyle, and let them boyle apace till the Hearbs be changed, and the Oyntment of a fair green colour, then strain it out, and keep it in a Glasse close stoppt for use, it wil last seven yeares in its ful force and vertue; if you cannot have the Lavander green when you would use it, you may take it dry, and likewise the other hearbs, but then you must take the greater quantity; I made this Oyntment at Michaelmas last, for one who  
was

*A description of the body of Man.* 121

was suddainly stroken in her limbs, so that she was not able to stand, and was afflicted with violent pain; it was on the Sabbath day she was taken about ten in the morning. I prepared the Medicine by two in the afternoon, wherewith she was anoynted, and (by Gods blessing) was very wel by night, and so hath continued. Δόξα τῷ Θεῷ. It was at *Wokingham*, where I was unprovided of the Hearbs, in my own Garden, where I had not much residence (though too long for my purse) and I was enforced to buy them at a Gardners, who shewed me an exact *Wokingham* conscience, and as most of that Town do, he made a vertue of my urgent necessity, and made me pay sawce for my Hearbs, although you would judge them but of smal price; this I record here, only to learn others to beware of *Wokingham*, lest they pay for it as deare as I have done.

*For the Stone in the Kidneyes, and them that make bloody water.*

**T**AKE milke and make a clear Posset, wherein boyle a handful of Plantain, a stick or two of Licoras, a slice or two of Comphrey root, drinke thereof first and last, and sometimes drinke the juce of Plantain by it selfe, or in Beer. Take also Pills of Turpentine washt in Plantain water, and made up in Pills with Gum Arabick, and wrapt up  
in



122    *A description of the body of Man.*  
in Sugar or Conserve of Roses, and swallowed.

*For a Burn or Scald.*

**T**Ake thorne Apple leaves, stampe them or cut  
them smal, and boyle them in Hogs Lard too  
an Oyntment. *Probatum.*

*Jay powder for the falling sickness.*

**T**Ake a Jay, pul off the Feathers, then take out  
the guts, and fil it ful with Commiseeds and  
Anniseeds, and then bake it til it is dry to beat to  
powder, with the head on and legs, drinke this in  
Porrage or Ale.

*Flos Unguentorum, or the flower of  
Oyntments.*

**T**Ake Rozen, Perozen, each halfe a pound, *Oli-*  
*banum*, Deeres suet, or Sheeps suet, and white  
Wax, of each four ounces, Mastick and Mirrhe, of  
each an ounce, Venice Turpentine two ounces,  
white wine a pottle; your Wax and Suet being  
finely thred, must be first molten upon a soft fire,  
then put in your Rozen and Perozen, and stir them  
wel til they be melted, then strain the stuffe into a  
hot pan, then have ready your *Olibanum*, Mastick,  
and Mirrhe, ground smal and finely searced, and  
let

*A description of the body of Man.* 123

let it all melt together , your whitewine being something warm, poure in by little and little, then take it from the fire , and put in the Turpentine , and stir it, and last of all the Camphire in powder, and stir it til it be cold, and make it up in Roles , and keepe it in red Leather to your use, as the best and most precious Salve that can be made.

*The Virtues of it .*

**T**HIS Medicine is good for all manner of Diseases, following, *viz.* for all wounds , and it is most cleansing, and wel soken, and gendreth flesh, and suffereth no corruption in a wound, nor no evil flesh to be gendred therein; it is good for the head ach, and singings in the brain, for all manner of Impostumes, for sounding in the eares, and for sinews that are sprung or cut, and draweth out a broken bone, or thorne, or any thing that is in a wound ; it is good for biting or stinging of a venomous Beast, and it healeth all manner of Borches without, it is good for a Fester, Canker, *noli tangere* , it draweth out all ach of the Liver, spleen , or Reines , healeth the Emrods , and is a good Seare-cloth for Gouts , and pestilent Diseases.

*The*



*The manner how to cut the Plaisters of the  
Medicine to cure these Diseases under  
written, viz.*

For the Navell three inches square, to stay the  
Flux of the Belly.

For the Reines six inches long, four inches  
broad, to stay the Flux of the Reynes.

For the Stomack four inches broad, six inches  
deep, it must be cut three square, for wind or pain  
in the Stomack.

*For shortnesse of breath or Ptisike.*

**T**Ake eight or nine heads of Garlick, according to the constitution of the party, peel  
and cut off both the ends of each Clove, and put  
it into a pipkin; with a quarter of a pound of butter  
unsalted, boyle it untill the Garlick turn red  
then run it thorow such a thing as a milke strainer,  
then put it into a pipkin: againe, with a quarter  
of a pound of butter more unsalted, and the  
best honey one pound, boyle it till the skim is  
risen, then take it off and skimme it, and strow  
in an ounce of the powder of Elecompane roots. then  
let it boyle three or foure walmes, take it off the  
fire, and stirre in the powder of six penny-wort  
of saffron, from the first to the last, you must stirre

*A description of the body of Man.* 125

it while it is boyling except the time, while the skim of the honey is rising, eate the quantity of a small nutmeg hereof . evening and morning.

*For scabs in Childrens heads.*

**T**Ake fresh butter, and boyle in it soote of a Chimney ( where is no Seacole burned ) till it be blacke, and therewith anoynt the head, it will heale it though there be holes you may turne your finger in the head.

*For a swellyng or bruise.*

**T**Ake Elder stampd and fryed with Chamberly, and fresh buttr, and layd all over it, taketh away a swelling or bruise.

*For the Lungs, and Gonorrhea.*

**T**Ake Crawfishes, and boyle them in milk, and eate them, and drinke the milke first and last, and in the afternoone sweetned with Sugar.

*For a perrillus Cough.*

**T**Ake Sage, Rue. Commin, and powder of pepper and seeth them in honey; and make thereof an electuary and use thereof a spoonfull, evening.



126 *A description of the body of Man.*  
evening and morning.

*Stinging of an adder or snake.*

**D**Rinke the distilled water of Draggons, or  
the juyce, also stampe dragons and lay to the  
place. &c.

*To procure easie delivery.*

**T**AKE Hyfop, Vervaine, and betony, of each once  
handfull, stampe them very small, and straine  
them in good stale Ale; and let the Patient drinke  
a good draught thereof, and it will helpe her pre-  
sently without danger.

*To heale a scald or burne.*

**T**AKE barley meale, with the Juice of red fennel,  
make a plaister thereof and lay it on the sore,  
and it will draw out the corruption and heale it.

*Flux of Bloud to stay.*

**T**AKE Willow leaves and barke, and boyle it in  
wine, and drink it.

*For noyse in the eares, or tongue swelled.*

**B**Oyle Figs in Water, and let the Patient drinke thereof.

*To purge the head with Ceny.*

**T**Ake Cene in powder  $\xi$  i. Ginger  $\xi$  i. twelve Cloves, Fennel seeds  $\xi$  ij. Cinamon, & tartar, each halfe a drachme, beate them all into powder, take thereof in white wine a drachme before supper.

*For itch, scabs, and the like.*

**T**Ake fumitory and boyle it in a quart of ale, then infuse in it, Sena. ounce, Raisins of the Sun stoned, Anniseeds bruised, and a little ginger, drinke it with sirrup of Rofes.

*A Balsome for wounds, swellings, Venom, bitings, and Apostumations, old sores, fretting ulcers. &c.*

**T**Ake Oyle olive one quarr, St. Iohns-wort, betony, Centory and selte heale, each two handfulls, stampe them and mixe them well, and so let it still in a glasse all Summer, and then straine the Oyle from the hearbs and soe keepe it for



428 *A description of the body of Man.*  
for use : Adde to it Tobacco flowers.

*To heale watring Eyes.*

**T**AKE red Rose water, two ounces, and put it into a bowle glasse, then take male Frankincense, put it on the point of a Knife into a Candle of Virgins Wax, untill it begin to melt, then still dip it in the water, at least a hundred times untill it turn thick, like Balm, distrain it through a fine linnen cloth, and anoynt your eyes therewith.

*To expell Rheume in the face.*

**T**AKE the white of an Egge beat to an Oyle, and skimmed, then temper it with the Wool of a Conies skin to a plaister, warm it on coales, and apply it to the temples, and the grieved place, and bind it on fast with a cloth.

*For the Chollick, or griping in the belly.*

**T**AKE the seed of *Carduus benedictus* stamped and drunke in Posset Ale, or any other drinke, doth help the griefe.

*For the Passion of the Heart.*

**T**AKE jayce of Buglosse two ounces, cleanse and purifie it at the fire, mix it with two drachms,

drachms, of white Sugar Candy, and let the Patient drinke it every night going to bed ten nights together.

*To purge choller.*

**T**AKE sirrup of Violets with Agarick infused in Barly water, or broth of a Hen.

*A Purge for the Kings Evill.*

**T**AKE *Lignum vita* four ounces, infuse it in Embers in four quarts of spring water twenty four houres, then adde to it Polipodian foure ounces, *Sena* two ounces, Anniseeds and sweet Fennel seeds, *ana* halfe an ounce. Burrage, Bugglos, and Fox-Gloves, each a handfull, boyle it away to the halfe, then give four or five spoonfuls to a childe every morning for eight dayes together sweetned with Sugar.

*For the Dropsie.*

**T**AKE Broome, Bettony, Balme, *ana* three handfulls, put it into three gallons of Ale Wort, when it is ready to be stopt up; let it stand a weeke, and then drink it constantly a weeke together, or a fortnight.



*An excellent Medicine for the Dropsie.*

**T**Ake Horfe-Radish roots sliced long wayes  
thin, two ounces, sweet Fennel-seeds bruised  
℥ ij. Smalledge and Fennel roots sliced, each one  
ounce, the tops of Time, Winter Savory, sweet  
Marjoram, Water Cresses, Nettles, of each one  
handfull; boyle these in three pints of water and  
three pints of wine, a quart of Canary, and a pint  
of Muscadine close covered til halfe be consumed  
so remove it from the fire and let it settle three  
houres, then strain it, and into every draught put  
in an ounce of sirrup of the five roots, it must be  
taken twice a day, in the morning, and at three in  
the afternoon, and fast an houre after it; if the  
Patient have the scurvy also, adde to the draught  
two spoonfulls of the juyce of scurvy grasse, when  
the Patient is ready to drink it.

*The Oyntment for the Dropsie.*

**T**Ake Walwort, and Elder leaves, sweet Mar-  
joram, and Water Cresses, Penny Royal, each  
one handfull cut and bruised, and set them to seeth  
in a quart of sweet sallet oyle, halfe an houre, then  
let them stand in the vessell three dayes, then ag-  
gain heat them and strain it hard out, and put into  
it as many more of the sayd Hearbs, and seeth them

*A description of the body of Man.* 131

as before, and straine it; do so the third time, and keep it as an excellent Oyntment; let the swoln body be annointed therewith once in three dayes, and that in the morning by a good fire, stroking it downwards an hoare together.

*For a sore breast in great anguish.*

**T**Ake Dung of Geese the newest you can get, and the like of Doves, and a little Leaven, and a little Time; stamp them together, and lay them to the breast.

*For a Bruise.*

**T**Ake Red-Nettles, and a quantity of Bay-salt, bruise them together, and lay them to the sore, or bruise: this must be applied incontinently after one is bruised, and often changed, it will aswage the paine, and heale the bruise.

*To stay bleeding at the Nose.*

**T**Ake the bone in a Carps head, and beat it to powder, and take a little of the bloud of the party, and beat it to powder, then mingle it together, and put it in a little Ale or Beer, and let them drink it once or twice.



*For the same.*

**L**Et the Patient drink Wine-vinegar, and dip a Nipkin in Wine-vinegar, and apply to his privy Members.

*For a cold Stomack, and hot Liver.*

**T**Ake halfe a pinte of White-wine, asmuch Fumitory water, let them halfe one walme together, and sweeten it with Syrrup of Violets, take of it as you see cause.

*For the Falling-sickness.*

**T**Ake Piony roots in Powder, in Ale, drink it both morning and evening, take the Jay-powder also in Porrage, and drink Ale before it.

*An excellent Oyntment for the Spleene, or Spraine, or for winde, or Stitch in the side, & good for any inward bruise, to annoynt outwardly.*

An old Judge going off his Horse back, broke a veine, and spit bloud, and pist bloud, and this oyntment cured him, by annoynting him.

Take

**T**AKE S. Johns wort two handfals, sweet Marjoram, Sweet Bazil, Mints, or Spearmints, Flowers of Lavender spike, and red Rose leaves, each one hand ull, M u dlin and wild Time, each halfe a handfull, compound them well together in a stone Mortar, then put into them a pinte of the best Sallet Oyle, in a vessell close stopt, and set it in a place where it may have moderate heat fourteen daves. then strain it and put into it halfe a pinte of Malmsey, Nutmegs halfe an ounce, large Mice halfe an ounce, and a pretty quantity of Cynamon, boyle all these together till the liquor be nigh halfe spent, and straine it out, and so use it.

*For paine in the Head.*

**C**HEW Mice in your mouth, and hold it that the Fume may ascend, and smell to Spikenard.

*For the same.*

**T**AKE Vervaine, Vinegar, and Honey, mingle them well together, and drinke it often times fasting.

*For the Megrim.*

**S**EETH a little quantity of Aloes and Mastick in white Wine, and drink thereof.



*Against Drunkenesse.*

**T**Ake before you drink twelve spoonfuls of Be-  
reny Water, and after drinke as much as you  
will.

*For a worme in the Somack.*

**T**Ake Nepp. stamp it and mingle it with white  
Wine, and give the Patient when he is grieved.

*For scalding, burning, itch, scabs, scald head,  
or any heat.*

**T**Ake butter unwasht, melt it scalding hot, then  
powre it into faire spring water, and with a  
spoon labour it and wash it, untill the butter  
grow cold, then gather the butter together, and  
powre out that water, and put fresh water to the  
butter, till you finde the butter very white, then  
worke the water out of the butter, then worke in  
the powder of brimstone finely beaten, untill the  
butter be stiffe, and looks yellow with it, then  
take Camphire, and the seed of Pompeyons clean  
pickel and husked, grinde the Campeire and  
them together, and worke it to the butter, and  
so use it; but if you will skin any burne with it,  
adde to it the powder of a rotten post, else not.

*For the Piles approved.*

**T**Ake a little piece of scarlet and burne it, and beat it to powder, and searce it, and put to it a little Honey, and annoint the party therewith, also take Horehound, and Hagtaper in powder fasting foure or five mornings together.

*For a Chin-cough.*

**T**Ake the Barre of an Eglantine tree, and dry it in powder, and drink it in possit drinke,

*The most excellent Plaister, called  
Leadens Plaister.*

**T**Ake two pound and four ounces of Oyle-olive the best, good red Lead 1 lb. white Lead 1 lb. beaten to dust, Spanish Sope  $\S$  xij. incorporate them in an earthen pot, and when the Sope cometh upward, put it upon a small fire of coales, continuing it an houre and an halfe stirring it with an iron or stick, then drop of it upon a trencher, if it cleave not it is enough, spread it on cloaths, or lay it on a board till it cooles, then rowle it up, it will last twenty yeares, the older the better.



*The Vertues of this Plaister.*

**T**He same laid on the stomach provokes appetite, and takes away any griefe in the stomach, it is a present remedy for the Collick, being laid on the belly; and upon the back it's good for the bloody Flux, Gonorrhea, and all weakness in the back; for Women with childe, if they finde any weaknesse; it healeth all swellings, bruises, and aches; it breaks Felons, Pushes, and other Impostumes, and healeth the same, draweth out any rotten humour, not breaking the skin, and applyed to the Fundament, healeth any disease there growing; the same laid to the temples is good for the Evelo, head-ach, and the eyes, easeth Corns, the Gowt, and for a straine. *Probatum.*

*For a bruise on the Stones.*

**T**Ake mud of a Grind-stone, and Oyle of Roses tempered together, and spread on a cloath, and apply it to the place grieved.

*For the Dropsie.*

**T**Ake Hysope, Thyme, Water-creffes, and Calamint, each two handfuls, Fennell one handfull,

*A description of the body of Man.* 137

full, Raddish roots foure or five taken out of the ground fresh, and slice them thin, Licoras, Anniseeds, and Commiafeeds, each two ounces, boyle all these together in a pan or pot, with the quantity of three Gallons of faire running water, till a third part be consumed, then put in a pottle of Sack, strain it all through a linnen cloath, then put it into a glasse or stone bottle, close stoppt, drink of it every morning, and at foure of the clock in the afternoone, and as you find good of it, continue it.

*To coole the Liver.*

**T**AKE Barley water, cast away the first, and in the secōd boyle Cinquefoil, Burnet, Strawberyleaves, Burrage, Sorrell, Egrimony, each one handfull, boyle it from a Pottle to three pintes and something more; straine it, and adde to it two spoonfulls of Syrrup of Violets, and one spoonfull of Rose-water, drinke it morning and evening, it cooles the Liver, and makes the body soluble.

*For displacing the Mother, or Whites with  
a Serringe.*

**T**AKE Cynamon bruised one ounce, Pomegranate flowers halfe an ounce, red Rose leaves a quarter of an ounce, boyle these in a pinte and a halfe of red Rose water, till halfe be consumed,  
then



138 *A description of the body of Man.*

then adde red Wine halfe a pinte, and straine it for your use.

*A Receipt of pills.*

**T**Ake white Amber, mastick, each one drachme, Aloes the best, two drachmes and a halfe, agarick two scruples, *Aristolochia* the round and true, one scruple, make them all in fine powder, and with a little Iuyce of Bettony or sirrup makee them in pills, make five of a drachme and take two or three or five going to bed.

*The Virtue of these pills.*

**T**hey preserve the stomack from inward hurt, and suffer no ill humors to putrifie in it, for they cleanse, mundifie, and strengthen the heart, stomack and head, make the party cheerefull, they purge the veines, and matrix, and helpe the eyes, they are safe without any danger.

*For a sore throat.*

**T**Ake plantaine, and boyle it in running water to a pultis, and clap it hot to the throat with a cloth, this cured one that could hardly speak, scarce swallow, and made him avoyde peeces of stinking flesh out of his throat.

*Am*

*An oyntment for a joynt Ague.*

**T**AKE Colewort leaves, chopt and boyled in butter to an oyntment, straine it and anoynt the place ill therewith, or boyle Ale to an oyntment and anoynt the place with it, the same is good for Chilblanes.

*To skin nipples.*

**T**AKE yong Bayleaves, bruised and layd on the nipples, skinnes them; also *Unguentum Album* is good for the same.

*For the same.*

**T**AKE pure fine Sugar, and burnt allum and plantaine water, and a little red Rose water, boyle altogether to a sirrup, dip fine ragges in it and lay about the nipples till it be whole, likewise take butter and wax, and lay it on the nipples being melted together.

*Unguentum Album, to make.*

**T**AKE hogs Lard and wash it in Plantaine water or red Rose water, and mingle them together with white Ceris and white leade.

*A*



*A gargle for the throat for flegme.*

**T**Ake Mustard a spoonefull, three or foure spoonfull of white Wine, mingle them together, use it every morning for flegme, likewise Vineger and Water is good for the same; but if it bee for the Palsey, take Mustard, white Wine, Vineger and Honey, and gargle at night going to bed warme.

*For the Morphem.*

**T**Ake Pippins, and Elder berries baked together, or you may still it, and drinke the water, because you cannot have the berries at all times.

*To help fainting fits in lying in.*

**B**Oyle Harts horne and Safron in Ale or Beere, and put a little Sugar to it, and drinke it, adde to it a little winter Savory.

*For the Palsey, and to stay Rhume.*

**T**Ake a quart of Ale, boyle in it Lavender, and put to it a little butter and Sugar, this drinke morning and evening.

*For*

*For the Yellow Jaundies most excellent in  
great extremity.*

**T**AKE English Safron two penny worth in fine powder, two penny worth of Turmerick in powder, and two penny worth of Mace in powder, mingle it with as much fine Sugar as you like to your taste, eat every morning and evening as much in the pap of an apple as three Nuts, if you take a purge of Rhabarb after, it is good, or use Rhabarb in powder with the rest.

*For one that pisses bloud.*

**T**AKE Oyle of sweet Almonds new drawn, and put a little fine Sugar into it, or white Sugar-candy, and take of it first and last, likewise Turpentine washt in Planraine water, and made up in Pills, with red Rose leaves. and a little Corrall; first purge the Reines with Cassia and Rhabarb.

*A Clyster for the bloody Flux.*

**T**AKE three pints of skimmed milk, put it in a Bason, then take three gags of Steele, and heate them red hot, and quench them in the milke 3 times, then take a spoonfull of old conserve of red Roses, beat it into the milke, and then take  
the



142 *A description of the body of Man.*

the yolke of one egge and beate it and stirre it into the milke, then straine it and give asmuch as will agree with the constitution of the partye.

*An approved Searecloth for aches.*

**T**Ake Burgundy pitch, halfe a pounce, white Virgins wax one quarter of a pound, white Frankinsense, two ounces, let the Frankinsense be beaten, and seared very small, then take the wax and the pitch and melt them, in two severall pipkins, and when they are melted powre the wax into the pitch, then strow in the Frankinsense, stirre them well together, powre all into a bason of faire water and worke it up into Rowels, with your hands anoynted with butter for sticking.

*To comfort the hart.*

**T**Ake two handfulls of Burrage leaves, and two handfulls of Buglosse, one handfull of white Endive, halfe a handfull of Rosemary, halfe a handfull of time, asmuch of Savory and Hisope, boyle all these in three pints of faire Water till halfe be wasted, then put in one pound and an halfe of Sugar, and a few whole Cloves, halfe an ounce of Cynomon, a quarter of an ounce of Ginger, finely beaten, then boyle it till it come to the thickenesse of life Honey, and so reserve it in galley.

ley pots : and take asmuch as a Hasell nut every morning and when you please.

*For a Consumption.*

**T**Ake a fat sow Pigge, dresse it, and put it into a still, with a handfull of Speeremints, asmuch red Fenell, and as much red Nepp, Liverwort, and Clary, each halfe a handfull and new Oates, new dates the Stones and pith taken out and well washed in two or three waters, halfe a quarter of an ounce of Mace, two sticks of Cynomon braised, distill altogether with an easie fire, and put it in a sure glasse, and sunne it nine dayes and drinke of it at your pleasure. For the winde or gripings in the belly, take Anniseeds, sweet Pennell seeds each one spoonefull, Licoris, Pepper, Elecompane roots, each one drachm, a small quantity of Saffron all in powder, a quarter of an ounce of nutmegs grated, too grains of musk, waigh all these ingredients together, and put to them their double weight of fine Sugar, then incorporate them with asmuch damaske Rose water as will make them liquid ; then put it up in a Galley Pot and take a small quantity therof, on the point of a knife in the morning or at any other time when the winde offends you, it must be tempered cold and not boyled.

*For*



*For a scald head.*

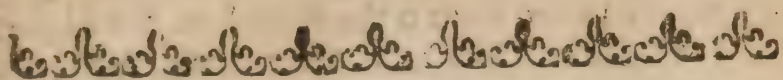
**T**Ake a penny worth of lampe Oyle, and halfe a pint of faire water, and boyle it well together, and when it is cold, put thereto a halfe penny worth of quicksilver, and temper it well together, and anoint the head.

*For the black Jaundies.*

**T**Ake Gentian, long Pepper, Calamus Aromaticus, Avenus, Lycoris, Rayfins, Corants, white Spanish Sepe, of each three ounces, two spoonfulls of mustard, boyle all these in a quart of wine till the third part be wasted, and let the Patient drinke it.

*For St. Anthonies fire.*

**T**Ake and rost Sorrell in a wet linnen cloth, the space of halfe an houre under the hot embers, then stamp it with fine Clarified Honey, and lay it to the sore, it ill heale it perfectly.



Of the twelve Signes.

*The division, nature, and expositions of the twelve signes of the Zodiack, according to the twelve months in the yeare.*

**T**HE Ancients have given the Signes of Heaven certain names of living Creatures and briefe Characters, to prevent tediousnesse in the often writing of them; they are Charactered thus:

♈ ♉ ♊ ♋ ♌ ♍  
♎ ♏ ♐ ♑ ♒ ♓

These twelve Signes are divided into four parts, according to the foure quarters of the yeare; the three first Signes containe the Vernall, or Spring Quarter, and the sanguine Complexion of man.

The 4. 5. & 6. Signes, the Summer Quarter, and is hot and dry of the Chollerick Complexion.

The seven eight and nine Signes containe the Autumnall or Harvest Quarter, and is cold and dry of the Melancholly Complexion.

The three last or ten eleaven and twelve Signes containe the Brumall, Hiemall, or winter Quarter,

**L**

and



146 *A Description of the body of Man*

& of the flegmaticque complexion Cold and moiste

Aries, or the Ram is the first of all the Signes it is Masculine, Diurnall, Chollerick, Fiery, and Hot, and by peculiar property dry; by his heate and quickning preserving life, fit for the nourishment of all things Animall and Vegetable, he is Moveable, equinoctiall, Vernall, of the fiery Triplicity, Orientall and the Diurnall house of  $\delta$ , he ruleth the head and face, the moneth of March wherein it is good to let bloud, and purge. Vnder this Signe falleth head-each. small-Pox. Megrimmes falling Sicknesse, and all diseases of the head.

The second signe is Taurus, or the Bull, which is Melancholly, Cold, and Dry, Feminine, Nocturnall of the earthly Triplicity, is Temperate. Profitable to the earth and Flowers, it is Meridionall and the night house of Venus, it ruleth the Neck and Throat, the moneth of Aprill, in which it is perrilous to have sicknesse in the Throat, and the Kings Evill, Wens, Boyles, Quinsies and Impostumes.

Third Signe is Geminy, which is hot and moiste, affecting the Aire with temperature, comforting nature, producing the seeds to fruits, it is a Signe Sanguine, Masculine. Diurnall, Occidentall, double bodied, Dexter Common, and aireall, the day house of Mercury, of the Airy Triplicity, he ruleth the moneth of May, wherein it is indifferent to let bloud and take Physicke, he signifies all diseases

in

*A Description of the body of Man.* 147

in the shoulders Armes, and hands, and describes a man to be upright and tall, of a Sanguine Complexion, darke haire, a good sight, a sharp wit and judicious understanding.

The forth Signe is Cancer or the Crabbe cold or moist, Temperate, apt for the nutrition of nature, having a comfortable humidity and temperature, whereby all things both Animall and Vegetable doe live and are maintained, it's a Signe Feminine, Nocturnall, Moveable, Solsticiall, and northerne, of the watery triplicity, the house of the Moone. It hath the moneth of Iune, ill to take Physicke or let bloud unlesse necessity require, it ruleth the breast, stomacke, ribs, and spleene, signifies imperfections in the stomack, ptisicke, salt flegme, dropies, impostumes and Cancers in the breast, renders a man to be of a small, low stature, round visage, sickely, pale, melancholly complexion, the haire a sad browne, little eyes, if a woman, apt to have many Children,

The first signe is Leo, or the Lyon, by nature hot, chollerick, of the fiery triplicity. so farr from temperature, that with it, nature beginneth to move the diminution of the leaves of the trees, and abatement of fruits tending to their decay, it is masculine, diurnall and orientall, the onely house of the Sun, it hath the moneth of Iuly, rules the back, sinews, bones, and gristles, and signifies the diseases thereof, as trembling and passions of the



148 *A description of the body of Man.*

heart, pestilent feavers, the plague, and paines in the backe, and plurifies; it represents persons of large bodies, broad shoulders, something tall stature, great head, big goggle eyes, yellow or darke flaxen haire, curling, a fierce countenance, a ruddy sanguine complexion, it is evill in the moneth of Iuly (unles extremity force it) to give Physicke or let bloud.

The sixt Signe of the Zodiacke is Virgo, which is a bicorporeal or double bodied Signe; the influence thereof upon the earth worketh cold and driness, hardly temperate, through which vegetables, suffer detriment, hearbs and leaves do wither yet the coldnesse thereof is not altogether exempt from temperature, it's of the earthly triplicity the house of exaltation of Mercury, it is feminine, nocturnall, meridionall, melancholly, right common and dexter. It hath the moneth of August wherein it is evill to give physicke, or let bloud: it ruleth the wombe, bowels, guts, liver, gall, and milke, and the diseases thereof, as the wormes, winde, collicke, paine in the guts and miseraicke veines. It denotes a meane stature, slender body, but decent, ruddy browne complexion, blacke haire, shrill small voice, witty, ingenious, and studious, a rare understanding in man or woman.

The seventh Signe is Libra or the ballance which is an aireall Signe hot and moist, sanguine, it impresseth into the Ayre, heat, and moisture, causing

*A description of the body of Man.* 149

it to be hot, thicke, grosse, mixt and vertible to the individuall kinds of nature, as seeds, herbs, and bows of trees, it is a signe of the Atry triplicity, Masculine, Diurnall, Equinoctiall, Occidental, and Autumnall; the cheite house of Venus hath the moneth of September, in which it is good to take phyicke, to purge the body and let bloud, it governeth the reines, loynes, and haunches, and diseases are attributed to it as the stone or gravell, in the reynes and kidnyes and bladder, corruption of bloud or ulcers in the reines and kidnyes, impostumes, or ulcers there, or in the loynes or haunches and weaknesse in the backe; it represents a body straight, tall, and slender, a smooth, yellow, long haire, a round face, sanguine colour, in age some pimples in the face or colour very high.

The next in order is Scorpio, the eight Signe in the Zodiacke, it imparteth to the aire coldnesse and moiture, exempt from all temperature, bringing rather corruption then generation. It is a Signe of the watry triplicity, feminine, nocturnal, septentrionall, fixed right and flegmaticke; the house and joy of Mars. It hath the moneth of October, wherein it is good to take Phyicke, and indifferent to let bloud; it rules the secret members and bladder, signifies all diseases thereof, as rupturs, the piles, gonorrhea, hemrods, priapismes, all afflictions and defects in the yeard, stones and matrix. It personates a corpulent strong body, broad



150 *A description of the body of Man.*

face, a hairy body, short neck, commonly subtil and deceitfull men.

The ninth Signe is Sagittarius or the Archer, which is hot and dry, of the fiery triplicity, void of temperature, causing destruction of seeds and hearbs. and hurt to many living Creatures: it is masculine, diurnall, orientall, chellerick, the house and joy of Jupiter, dexter, right, common, and double bodied, ruleth the month of November, wherein it is good to take Physick and let blood, it governeth of mans body the thighs, and Buttocks, to which are subject all fistulas, bruises, and hurts in those places, denoteth pestilentiall fevers, falls from horses, hurts from fourfooted beasts, prejudice by fire, blood heated &c. It signifies a handsome wellavored person, long face, full and ruddy sunburnt complexion, the stature indifferant tall, the haire light, chesnut color, or browne.

The tenth signe is Capricorne, or the Goat. which is cold and dry, untemperate, moveable, of the earthly triplicity. meridionall, nocturnall, solstitiall, hiemall, and melancholly, feminine, the house of Saturne, and exaltation of Mars, it hath the moneth of December, governeth the knees and casualities incident thereunto, either by dislocations, spraines, or fractures: notes, itch, scabs, and leprosie, it signifies a short body, long leane visage, blacke haire, narrow chin, small necke and narrow

narrow breast.

The eleventh Signe is called Aquarius, which is hott and moist, of the Aery triplicity, untemperate, noisome, and hurtfull to all seeds, and things vegetable, masculine, diurnall, occidental, sinister, fixed, and sanguine the house of Saturne, wherein he rejoyceth, ruleth the moneth of Ianuary wherein it is indifferent to take Physicke, and let bloud, &c of mans body he governeth the legs, and ankles, and all casualties and instruments incident thereunto, all melancholly windes in the veines and bloud, cramps, gouts and paines in the legs, it represents persons of a thicke, short, strong, body, a long visage, blacke or sandy coloured haire, a sanguine complexion.

The twelfth and last Signe is Pisces, it is cold and moist of the watery triplicity, declining from temperature, but imparting some comfort to diuers things vegetable, feminine, nocturnall, septentrionall, dexter double bodied, common and stegmaticke, the house of Iupiter and exaltation of Venus; hath the moneth of February, wherein it is good to take physicke, to let bloud indifferent. It claimes domination over the feet, and the diseases and maladies incident therunto, as the gout, cramp, and cornes, signifies cold and moist, diseases, boyles, itches, breakings out; and ulcers proceeding from melancholly and putrefacted bloud, it personates a lecherous idle effeminate person, a short illflavored

L 4 body



152 *A description of the body of Mars.*

body but fleshy, a large face, the body something crooked, and of a pale complexion, the sun entrench into this Sign about the ninth day of February, & dwelleth therein till the tenth of March, at which time she finisheth her winter quarter and the yeare

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*Of the seven Planets.*

**T**He first and highest of the Planets is Saturne, which is cold and dry, yet sometimes moist upon accident of colour pale and wan, like to lead, he signifies a melancholly dusky and pale complexion, blacke haire, a crooked misshapen body, ruleth all sicknesse proceeding of melancholly humors or coldumes, as blacke jaundies, quartaine Agues and the like, the magnitude of his body according to Tichobrahe exceedeth the earth two and twenty times, he maketh his period through the Zodiack in thirty yeares.

The next to Saturne is Iupiter, his quality is hot and moist, temperate, masculine, Ayry, the greater fortune, of colour splendent like gold. personates a tall stature, browne sanguine complexion, a long full visage, and strong body. signifies diseases of the liver, heart, and inflammation of the lungs, pleurisies, paines in the backe, and ribs. feavers, and windinesse, proceeding from corrupted and superfluous

*Description of the body of Man.* 153

fluorous bloud, his buke by Tycho, exceedeth the earth 14 times, he accomplisheth his course through the Zodiacke in twelve yeares.

The next in order succeeds Mars, which is a planet, in nature hot and dry, intemperate, fiery and chollericke, the lesser infortune, of Colour red like bloud, he signifies a meane stature, yellow haire the body hairy, if oriental, otherwise smooth; and the diseases of the gall, pestilent burning fevers, plague, burnings, phrensies and all distempers, proceeding from choller, he is lesser then the earth according to Tycho thirteen times, finisheth his course in two yeares.

The sun is placed in the middle of the Planets, he is hot and dry, temperate, masculine, and diurnall, the Sun signifies men ambitious, high minded, a strong large body, yellow complexion, and yellow haire, or reddish, much haire on the beard, healthfull of constitution of diseases and sicknesse, hee signifies all infirmities of the braine and heart, pimples in the face, sore eyes, cankers in the mouth, catars, and soonings. The Suns body is greater then the earth according to Tycho one hundred times, he runneth his course through the Zodiacke in three hundred sixty fives dayes, five houres, and forty nine minutes.

Venus is a Planet cold and moist, temperate, the lesser fortune, of the colour of gold, glistering and bright, feminine and diurnall, shee represents  
persons



154 *A description of the body of Man.*

persons of a fair complexion, if orientall somewhat tall stature, a straight handsome body, browne haire, a rolling eye and blackish, one loving neatnesse, full of mirth and amorous, of diseases thee signifies the french pox, gonorrhea, all infirmities of the matrix, and generative members, in the raines backe and wombe, she is lesse then the earth according to Tycho six times, and finisheth her course in a yeare.

Mercury is a Plannet, mutable and wavering, whose quallity for the most part, is in drying, and equally moistning, for hee dryeth when he applies to Mars or Sol, and moistneth applying to Venus or Luna, and for that cause is said to be of a changeable uncertaine nature, good with the good, and ill with the ill, masculine with the masculine, and feminine with the feminine, of Colour like silver; glistring but not bright, if he be well placed hee signifies a sharpe pregnant wit, a subtile quicke apprehension, an eloquent orator, a great lover of learning, and liberal sciences if he be ill dignified he represents a great lyar, a busie prating boaster, a false tale carrier, a personage he signifies of a tall straight body, leane, and spare, sad browne haire; a browne or honey colour complexion, he signifies all diseases of the head and braine, vertigoes, giddiness in the head, imperfections in the speech memory and understanding hee is lesse then the earth as saith Tycho nineteene times, he endeth his revolution in a yeare.

The

The Moone is the last and lowest of all the Planets; she is cold and moist, moisture being predominant, and bearing the greatest power, yet sometimes she is said to heat: she usually represents a man of a middle stature, white and flegmatick complexion, a fleshy body; signifies diseases of the belly, as Fluxes, and Chollick, of the bladder and generative members, all diseases proceeding of cold Rhume, Sciatica's, Gout in the Feet, and palseys; she is lesser then the Earth 42 times, she dispatcheth her Course in a month.

Saturn ruleth of the week daies Saturday from whence the day is so called; he ruleth the first hour of the day, and the eighth; The Sun the first and eighth hours of Sunday; the Moone the first and eighth houres of Monday; *Mars* Tuesday the first and eighth hours of that day; *Mercury* the first and eight houres of Wednesday; *Jupiter* ruleth Thursday the first and eighth hours thereof; and *Venus* hath dominion of the first and eighth hours of Friday.

### *Of Urine.*

**I**F a mans urine be white at morning, and red before meat, and white after meat, he is in health; if it be very thick and fat, it signifies paine in the head.

Urine that is fat, white, and moist, betokeneth the Feaver quartaine.

Urine



256 *A description of the body of Man.*

Urine that is bloody and fleshy, denotes some hurt and rotten Ulcer in the bladder and reines, who pisseth blood without sicknesse, hath some veine broken in his Reines.

Womens urine that is cleere and shining, if shee cast oft, and have no desire to meat, it signifies shee is with child.

Womens Urine that is strong, white, and stinking, signifies infirmities in the reines, in her secret Receipts, in her Chambers full of evil humours, and consequently sicknesse of her whole body.

Womens Urine that is bloody and cleere as water under, signifies head-ach.

Womans Urine of the colour of Lead (if she be with child,) demonstrates the child to be dead within her.

Urine one part red, another blacke, another green, another blew, betokeneth death.

Urine that is black and little in quantity betokeneth death.

Urine of the colour of Lead, that shineth raw, and bright, if the skin in the bottome shine not in the bottome, it signifies death.

Urine of the colour of water, having a darkeskie, it betokens death.

Urine that hath dregs in the bottome mingled with blood signifies death.

Urine black and thick, if the sick loath when he goeth

goeth to the stoole, it signifies death.

These are the most certain and generall Judgements of Urine ; many more there are, but I omit them as the most falacious study that appertaines to Physick ; and if men trust to the urine , it will most usually deceive the learnedst Doctor that is : I knew a Gentleman that was taken with a violent Feaver, he continued three daies , the disease increasing, the patient weakening ; the third day a Doctor saw his water (who I forbear to name, because he is since dead,) his Judgement was that the patient was in perfect health, and had no distemper on him ; but that morning the small Pox began to appeare on his body , and he had them as full, and as tedious a disease of it as any man ever had : another Doctor gave the same Judgement on a sick persons water , who died within halfe an houre following.

### *Of Bathes*

**B**Athes are naturall and Artificiall, the naturall Baths of England are those of the City of Bath in Somersetshire, in the West Countrey : The chiefe matter, strength, and vertue of these Baths is Brimstone, and the chiefe ruler in them ; these Baths of brimstone do soften the sinnewes, and do heat ; they are therefore good for the Palsy, for all such place, or joynts that are pulled in too much.



158 *A description of the body of Man.*

much, or extended too far forth, they assuage the desire of often going to the stoole, and doing littell or nothing; they scowre and cleanse the skin, are good for the white Morpew and black, for Leprosie, and for all scabs, and scurfs, for old sores, for the falling of humors into the joynts, for shaking or trembling of any member, they assuage ache, or the swelling of any member, they are good for the gout, in the hands or feet, for the sciatica, they assuage all pains of the liver and milke, and assuage the hardnesse thereof, they scowre away freckles, and cure all kind of itches: Therefore whosoever is afflicted with any of these diseases, may (by Gods help) be perfectly cured; but it is necessary they observe these Rules following.

The Counsell of the learned Physitians is, that they should not at any time goe into any Bath to seek remedy for any sicknesse, unlesse it be such that almost the Physitians dispaire of the healing of it, then let no man enter into any Bath, unlesse his body be first very well purged, cleansed, and prepared, for he that entereth into the Bath with his body unpurged, may perhaps never returned home againe, or if he doe, he most commonly carryeth away worse diseases then he brought to the Bath with him. Neither may you enter into the Bath the same day that ye come thither, but rest and ease your body a day or two.

For the time of the yeare for Bathing, the most fit and proper seasons, are the moneth of May and September, but the spring is the best, and likewise for to take any manner of physicke, the best time of the morning, after the Sun be an houre high at least; and before any patient goe into the Bath, if his disease will suffer him, let him walke an houre or at the least halfe an houre, before he enter into the Bath.

But you must at no time enter into the Bath, except you have beene at stoole either by nature or art; ye may take a suppository or glister, and in great necessary pills, but he that is so purged must not enter into the Bath, for the space of fourteene houres afterwards.

If any be counselled to goe into the Bath twice on a day, he must not enter into it, till six or seven houres after dinner, and tarry not, so long in the Bath in the afternoone as you did in the morning: the common time of tarrying in the Bath, is most commonly allowed to be an hower or more or lesse, wherein respect must be had to the strength and nature of the Bath, as also to the complexion, disease and strength of the patient.

Let no man continew so long in the Bath untill he faint, but let him come out before that, if he suspect any such weaknesse,

Ye must alwayes goe into the Bath, with an empty stomach, and as long as you are in it, and



160 *A description of the body of Man.*

as long as you continew in it you must neither eate nor drinke unless great necessity require it, so thatt you soone in the Bath, or be in danger of looning: as saith Gallen, fourteen *de metodo medendi*, thatt no man should eate nor drinke untill he hath slept after Bathing.

When you come out of the Bath, cover your selfe well that you take no cold, and dry off the water from your body, with warme cloths, and go presently into a warme bed and sweat there if you can: wipe off the sweate diligently, and afterwards sleepe, but ye must not drinke any thing untill dinner time, unless ye be very faint.

And after that ye have sweat, and slept, and be sufficiently delivered, and cleared from the heat, that you had in the Bath, and afterwards in the bed, then may you walke a little before you go to dinner, for by measurable and moderate walking, the vapors and windenesse that is contracted in the Bath is driven away.

If the patient cannot walke, then let his body be gently rubbed, if his disease can suffer it, after this ye may goe to dinner wherein you may use moderation in your diet, alwayes arising from the table with an appetite; beware especially that you drinke not any cold drinke, and abstaine from all things that are cold, when ye first begin to eate, or drink, but let your meat and drink be temperately warm, least when your body is inwardly hot with  
Bathing

*A description of the body of Man.* 161

Bathing and sweating, the cold strike suddenly into some principall member, and hurt it.

They that are of a hot complexion and open body, ought not to tarry so long in the Bathe as they that are of a colder and faster complexion.

It is most requisite for such patients as have any disease in the head, as Catharr or Rheume, Palsies, or such like diseases, that the water be powred strongly upon the mould of the head, and upon the nape of the necke.

The clay or grounds of the Bathe is good for the dropsey, and likewise for shrunkn, swelled, and hard places; which cannot be wel healed with other medicines: the manner of using it is, to lay the grounds upon the place and hold the same against the fire, untill it be somewhat harde, and then to wash it away with the water of the Bath: likewise, those that cannot tarry long at the Bath, may carry some of the water, and grounds home with them, and use it there in the like manner.

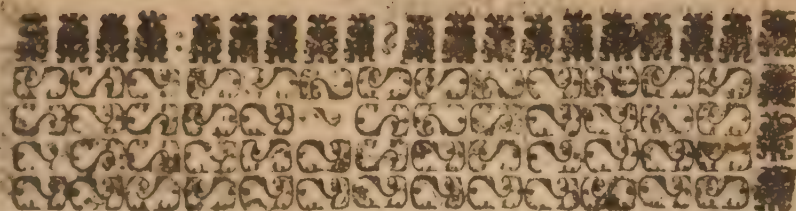
If you be rid of your disease, by the Bathing, give God the Glory, goe thy way, sin no more, least a worse thing come unto thee: but if you bee not healed the first time, patiently waite upon God by prayer, and holy life, untill the next opportunity of using the meanes, and then if it conduce to Gods glory, and thy good, thou shalt assuredly bee healed, by the Grace of God, of whom commeth all health of soule and body.



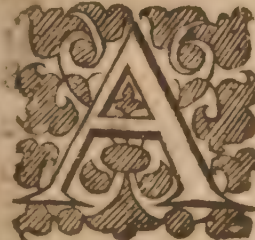
162 *A Description of the body of Man.*

But some, and two many, if the medicine or direction of the physition doe not forthwith answer their expectation, will most impatient, and wickedly, exclaime against and abuse the Physitian, and the medicine both, as if they were to appoint God a time when they shall be healed, and limit the holy one of Isræll, but *volens volens*, they must stay the Lords leisure; and let such as have beene at the Bath, observe the same diet they did when they were there, for the space of a moneth, at least, abstayning from Carnall use of women, and if God please they shall have their desire; for, *Is solus est qui dat salutem &c.* To him give the praise, to whom be ascribed, all Praise and Glory, for evermore, *in secula seculorum.* Amen.





## The Table.

	Rtery.	pag. 3
	Of the Armes.	14.15
	Accidents to remove from wounds.	50
	Stinging of Adders.	68.126
	Purging Ale.	15
	Ale of health and strength.	78
	Aches	102.104
	Agues.	103.107
	Apostumations.	127
	St. Antonies fire.	144
	Aries.	146
	Aquarius.	151

### B

	Of the Braine.	6.7
	Of the Breast.	17.18
	Of the Backe.	18
	Of the Belly.	22
	Of the Bugocks.	30

### M

To



To joyne broken Bones.	49
Bloud to stanch.	53
Wounds in the Breast.	62
Wounds in the Belly.	63. 64
Burnings.	66. 68. 90. 126
Pissing Bloud.	75
Stinking Breath.	77
Shortnes of Breath.	83
Weak Back.	86
Sore Breast.	58. 114. 131
Ague in the Breast.	88
For a Boyle.	90. 112
Botches.	100
Blisters.	101
Bruises.	102. 104. 131
Broken Belly.	113
Heat in the Back.	117
Balsome.	127
Griping in the Belly.	128
Bloudy flux.	141
Black Jaundies	144
Bathings.	158. 159. 160. 161

## C

Chyrurgery Defined.	1
Callus to ingender.	49
Cataplasmes.	60
Canker.	70. 109
Consumption.	72. 82. 84. 143
	Cough

# The Table.

165

Cough.	82. 84. 125
Chine Cough.	85. 135
Corns to cure.	91
Collick.	91. 113.
Carbuncles.	95
Cramp.	102
Convulsion.	111. 116
Choller.	129
Childbed.	114
Cancer.	147
Capricorne.	150

## D

Dislocations.	42
Dropfie.	73. 108. 129. 130. 136
Delivery.	110. 126
Drunkennes.	134

## E

Of the Eyes.	9
Embryon.	35
Rheume in the Eyes.	70. 80. 110
Pinne and web in the Eye.	70. 80
Bleard Eyes.	81
Heat in the Eyes.	81
Water for sore Eyes.	82
Noyse in the Eares.	127
Watring Eyes to heale.	128

## F

Of the Face.	8
	M 3 Feet



Feet.	38
Flux.	80. 85. 86. 126
For a sweld Face.	89
For a Fistula.	89. 109
For a Felon.	90. 112
Falling sicknes.	102. 113. 122. 132
Flos Unguentorum.	122. 123
Rheume in the Face.	128. 129
Fainting.	140
G	
Of the Gall.	28
Gunshot.	54. 65
Of Gunpowder.	54. 55
Burning with Gunpowder.	66
Green sicknes.	71. 107. 116
Green wounds.	101
Green salve.	106
Bleeding Gummes.	115
Gonorrhæa.	125
Gemini.	146
H	
Of the Head.	5. 6. 7
Of the Heart.	18. 19
Of the Hanches.	30. 35
Hips.	37
Wounds in the Head.	58. 59. 61
Pain in the Head.	69. 133
Hydreleon Galeni.	69. 70
Trembling of the Heart.	111
	Headach.

# The Table.

167

Headache.	114. 117
To purge the Head.	127
Passions of the Heart.	128
Scald Head.	134. 144
To comfort the Heart.	143

## I

Inflammations.	93
Infection.	95
Itch	109. 127. 134
Iay powder.	122
Ioynt Ague.	139
Iaundies.	141. 144

## K

Of the Kidneys.	29
Swelling Knees.	103
Knobs to dissolve.	104
Kernels.	114
Stone in the Kidneys.	121
Kings Evill.	129

## L

Ligaments.	2
Of the Lungs.	31
Of the Liver.	27
The Legs.	39
Luxation.	42
Wounds in the Legs.	65
Plaister for the Legs.	99. 100
Liver.	108. 137
For the Lungs.	125

## M 4

Lead



Leaden Plaister.

Leo.

Libar.

135

147

148

## M

Of the Mouth.

Secret Members.

Matrix.

Heat in the Mouth.

Sinking Mouth.

Milk to dry up.

For the Mother

118 137.

M-grim

Morphew.

Mars.

Mercury.

The Moone.

10

31

35

70

77

88

90 91. 116

110. 133

140

152

154

155

## N

Of the Nose.

Nostrills.

Of the Neck.

Bleeding at Nose.

Boppes to skin.

Chai fores to cure.

2

9

13

114. 131. 133

139

## O

103

Poysoned

# The Table.

160

## P

Poysoned wounds to cure.	58
Plaiſter for wounds.	59
Preservative againſt the Plague.	69.70.73
Purges.	71
Phyſicke.	72.124
Plague Water.	73
Powder for wounds.	76
Pestilence.	95.96
Palfey.	102. 115. 120. 140
Plague.	109. Piles. 118
Pluriſie.	116. 135
Pills	138
Piffing Bloud.	141
Piſces.	151

## Q

For a quinzie.	111
----------------	-----

## R

Rheume.	161. 140
Ring worme.	105
Rickets.	108. 118. 119
Running of the Reines.	112
Reeds to ſtop.	102
Simple members.	1
	Sinews



Sinews	2.
Shoulders.	14.
Stomack.	25. 132.
Spermatick vessels.	32.
Sworining	41.
Scalding.	68. 90. 122.
Stinging of Snakes.	68.
Scurvy.	69. 108.
Slespe to cause.	69.
For a straine.	75. 79. 101.
Spleene.	85. 108. 132.
Swelling of the Stones.	86. 87.
Soreness.	89.
For the Stone.	91. 98. 121.
Sciatica.	101. 105.
Shingles.	101.
Festred Sore.	105.
Scabbes.	109. 125.
Stitches.	116.
Warry Sores.	118.
Stomack to cleanse.	120. 134.
Swelling.	125.
Spraines.	132. 133.
For the Stones bruised.	136.

S

Secre clothes.	140.
The 12 Signes.	142.
Scorpio.	

# The Table.

171

Scorpio.	149
Sagittarius.	150
Saturne.	152
Sol.	153

I

Tendons.	37
Thighs.	38
Tearmes to procure.	71
Toothach.	77
Tumors to dissolve.	94
Tongue swelled.	127
Sore Throat.	137. 140
Taurus.	146

V

Unguents.	59. 60
Heat in the Urine.	74. 75
Vomiting to stay.	76. 120. 121
Ulcers.	99. 117.
Venoms.	101
Unguentum album.	139
Virgo.	148
Venus.	153
Urines.	156. 157

What



## W

What Wounds are.	40
Cordiall Waters.	68
Whites.	86
For Winde.	93
Green Wounds.	106
Warts.	114



*FINIS.*

68  
84  
93  
106  
114

118



John Morgan Departed this Life  
the 21<sup>th</sup> Day of Epri<sup>l</sup> 1780

Hugh King and Henry  
Jhu<sup>n</sup> fiber

Sonorificabilidun

8/8

Honorable nob<sup>l</sup> =

Honorificabilidunty

1701

King

Queen

ty



